THE MILLENNIUM Lesson Book

151 Spiritual Insights for Success

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2000
c.2

Compiled and Edited by

ELBERT W. BAKER

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THE MILLENNIUM *Lesson Book*

151 Spiritual Insights for Success

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Dedicated to the faculty and staff of Oakwood College, whose example has inspired and motivated thousands.

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Dear Oakwood College student and friend,

The new millennium is upon us.

After all the talk and hype and hoopla, the year 2000 has arrived. Here is the period, that window of opportunity, when educators, social scientists, ministers, and corporate leaders have predicted would offer challenges—both exciting and ominous. At Oakwood College we have planned for the new millennium to be a time of new beginings.

Each Oakwood student is a treasure that we, the faculty, staff, and administrators, value as one to be nurtured and developed. We believe that God has a special plan for the life of each student who attends this institution. That you are alive and well at this historic time in the history of the world and the church is proof positive that, if you are willing, God will use you in a remarkable manner. The key is that you must give God and the heavenly team permission to guide the affairs of your life.

This book of 151 special lessons is from the pen of one of my favorite writers, who is also one of the founding forces behind Oakwood College, Ellen G. White. The selections will provide needed insights for you—students and friends of Oakwood College—to navigate the challenging waters of the new century and millennium, as long as time should last.

Recently, I read a powerful quotation in the Ellen White devotional *Sons and Daughters of God* (p. 322), that provides us with the principal key to facilitate us to unlock the exciting providences of God in a measurable and dynamic fashion:

"As in the case of Daniel, in exact proportion as the spiritual character is developed, the intellectual capabilities are increased."

What an exciting and empowering principle to use in your personal and professional life—as we develop spiritually, so we will develop intellectually. This book will help you put this challenge into action, to allow you to " taste and see that the Lord is good," that He can and will take you to new heights of progress and excellence.

Expect great things from God as we move toward eternity.

Your friend and fellow traveler,

Delbert W. Baker, Ph.D.
President, Oakwood College
January 2000

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As the new millennium dawns, these practical daily readings, selected especially for young adults, provide the readers with dynamic spiritual principles, timeless insights, and proven strategies to assist in successfully navigating the challenging days ahead.

Success will attend readers as they . . .

CHOOSE HAPPINESS

Happy is that people, whose God is the Lord.

Psalm 144:15

If you would find happiness and peace in all you do, you must do everything in reference to the glory of God. If you would have peace in your hearts, you must seek earnestly to imitate the life of Christ. Then there will be no need of affecting cheerfulness or of your seeking for pleasure in the indulgence of pride and the frivolities of the world. You will have a serenity and happiness in rightdoing that you can never realize in a course of wrong.

Jesus took human nature, passing through infancy, childhood, and youth, that He might know how to sympathize with all and leave an example for all children and youth. He is acquainted with the temptations and weaknesses of children. He has, in His love, opened a fountain of pleasure and joy for the soul that trusts in Him. By seeking to honor Christ and to follow His example, children and youth can be truly happy. They may feel their accountability to labor with Jesus Christ in the great plan of saving souls.

If youth will feel their responsibility before God, they will be elevated above everything that is mean, selfish, and impure. Life to such will be full of importance. They will realize that they have something great and glorious to live for. This will have an influence upon youth to make them earnest, cheerful, and strong under all the burdens, discouragements, and difficulties of life, as was their divine Pattern. . . .

I entreat of you to ever cultivate thoughtful responsibility to God. The consciousness that you are doing those things which God can approve, will make you strong in His strength; and by copying the Pattern, you may, like Him, increase in wisdom and in favor with God and man."

Those who in everything make God first and last and best are the happiest people in the world. (ML 161)

FIND THEIR TRUE CENTER

Whosoever shall confess that Jesus is the Son of God, God dwelleth in him, and he in God.

1 John 4:15

The confession of which John here speaks is not the result of a nominal faith, but is the result of an abiding faith in the living Saviour, the result of believing that the blessings of salvation are brought within our reach through the sufferings and death of Christ, who was raised from the dead, and ever liveth to make intercession for us. We should feel assured that Jesus is our Saviour, and that life would not be enjoyable, nor afford us peace or hope, if He had not loved us and given Himself for us.

Our claim to Christ's righteousness is without a flaw, if we meet the conditions upon which it is promised. God has bestowed upon us all heaven in one rich gift, and whatever the gift includes is ours, if we accept Christ as our personal Saviour. . . . Speak of Jesus, educate the tongue to speak of His mercy, to tell of His power, showing forth the praises of Him who hath called you out of darkness into His marvelous light.

Christian youth, you are a spectacle unto the world, to angels, and to men. Be brave in God. Put on the whole armor of God, and let unbelievers about you see that your life is not spoiled because you stand loyal and true to all the commandments of God. You can be, and God requires you to be, a decided witness for Him.

We need to dwell on the words of courage that Christ spoke to His disciples toward the close of His earthly ministry. . . . Though a cruel death was just before Him, Christ's words to His followers were full of hope. He desired to bring all the comfort possible to their hearts. Let us be strong in Him. (SD 189)

ACCEPT CHRIST AS SAVIOUR AND LORD

Seek ye the Lord while he may be found, call ye upon him while he is near.

Isaiah 55:6

The time is coming when it will be too late to seek God, and I have been thinking how we shall feel when probation is closed, and all our lifework ended. With what feeling shall we review the past? Shall we then wish that our efforts to serve God had been more earnest? Shall we wish that we had lived more in harmony with His revealed will? Shall we then be accounted as faithful servants? What if at this moment we should hear the voice of Christ saying, "It is done"? . . .

In view of the solemn responsibilities that rest upon us, let us contemplate the future, that we may understand what we must do in order to meet it. . . . In the solemn assembly of the last day, in the hearing of the universe, will be read the reason of the condemnation of the sinner.

For the first time parents will learn what has been the secret life of their children. Children will see how many wrongs they have committed against their parents. There will be a general revealing of the secrets and motives of the heart; for that which is hid will be made manifest. Those who have made sport of solemn things connected with the judgment, will be sobered as they face its terrible reality. Those who have despised the Word of God, will then face the Author of the inspired oracles. We cannot afford to live with no reference to the day of judgment; for though long delayed, it is now near, even at the door, and hasteth greatly. . . .

When you consider solemn things, do you not realize, dear youth, that you must cease from your selfish, sinful course, cease to do evil, and learn to do good? It is your own course of action that will mold your character for destruction or for the bliss of the ceaseless ages of eternity. . . .

Will you heed the injunction, "Seek ye the Lord while he may be found, call ye upon him while he is near"? (SD 343)

CONNECT EARLY WITH CHRIST

Remember now thy Creator in the days of thy youth, while the evil days come not, nor the years draw nigh, when thou shalt say, I have no pleasure in them.

Ecclesiastes 12:1

I wish I could portray the beauty of the Christian life. Beginning in the morning of life, controlled by the laws of nature and of God, the Christian moves steadily onward and upward, daily drawing nearer his heavenly home, where await for him a crown of life, and a new name, "which no man knoweth saving him that receiveth it." Constantly he grows in happiness, in holiness, in usefulness. The progress of each year exceeds that of the past year.

God has given the youth a ladder to climb, a ladder that reaches from earth to heaven. Above this ladder is God, and on every round fall the bright beams of his glory. He is watching those who are climbing, ready, when the grasp relaxes and the steps falter, to send help. Yes, tell it in words full of cheer, that no one who perseveringly climbs the ladder will fail of gaining an entrance into the heavenly city.

Angels of God, that ascend and descend the ladder that Jacob saw in vision, will help every soul who will to climb even to the highest heaven. They are guarding the people of God and watching how every step is taken. Those who climb the shining way will be rewarded; they will enter into the joy of their Lord.

Early piety ensures to its possessor the full enjoyment of all that makes life happy. . . . Those who wait until the span of life is almost ended before they seek God, lose a life of pure, elevated happiness–happiness that never comes in pursuit of the pleasures that this life affords. Those who have been long acquainted with God, who from their youth have drawn their happiness from the pure fountain of heaven, are prepared to enter the family of God. (ML 156)

MAINTAIN A VITAL CONNECTION

The fear of man bringeth a snare: but whoso putteth his trust in the Lord shall be safe.

Proverbs 29:25

The Lord desires you to be of good courage. Brace up. . . . Satan is working on every hand to destroy faith, and to make people unhappy.

If you are not experienced in discerning the devices of Satan, your only safety is in prayer. Lay open all the secrets of the heart to the search of the infinite eye, and plead with God to make you pure and strong, and to arm you completely for the great conflicts of life. Faith grows by conflicts with doubts; virtue gathers strength by the resistance of temptation.

All blessings are bestowed upon those who have a vital connection with Jesus Christ. Jesus calls them to Himself not simply to refresh us with His grace and presence for a few hours, and then to send us forth from His light to walk apart from Him in sadness and gloom. No, no. He tells us that we must abide with Him and He with us.

Wherever His work is to be done, He is present, tender, loving, and compassionate. He has prepared for you and me an abiding dwelling place in Himself. He is our refuge. Our experience should broaden and deepen. Jesus has opened up all the divine fullness of His inexpressible love. . . . Talk courage, talk faith, talk hope. My brother and sister in the Lord, be of good courage. O, how little we know what is before us! We will give ourselves entirely to Jesus, to be wholly His, and then say, "Not my will, but thy will, O God, be done." . . . You have the tender love and compassion of your Saviour. Look to Him always. Trust in Him continually, and doubt not His love. He knows all our weakness and that which we need. He will give us grace sufficient for our day. Only look to Jesus continually, and be of good courage.

In genuine faith there is a buoyancy, a steadfast principle, which neither time nor toil can weaken. (SD 191)

DISCOVER LIFE'S PRINCIPLES

For whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the scriptures might have hope.

Romans 15:4

This Holy Book has withstood the assaults of Satan, who has united with evil men to make everything of divine character shrouded in clouds and darkness. But the Lord has preserved this Holy Book by His own miraculous power in its present shape, a chart or guidebook to the human family to show them the way to heaven. . . . This Word . . . is the guidebook to the inhabitants of a fallen world, bequeathed to them, that by studying and obeying the directions, not one soul would lose its way.

There never was a time when it was so important that followers of Christ should study the Bible as now. Deceptive influences are upon all sides, and it is essential that you counsel with Jesus, your best friend. . . . David declares, "Thy word have I hid in my heart, that I might not sin against thee." How many are betrayed into sin, because they have not, through prayerful study of the Word of God, realized the sinfulness of sin, and found out how they may steadfastly resist it. When temptation comes upon them, they seem to be off guard, and ignorant of the devices of the enemy. We are living in perilous times, and as we draw near the close of earth's history, there will be no safety for those who do not become familiar with the Word of God. . . . Everything that can be shaken, will be shaken. . . . The children of God have reached the most critical part of their pilgrimage; for the nets and pitfalls of the enemy are on every side. And yet with the guidance of the Lord, with that which is plainly revealed in His Word, we may walk securely and not stumble. . . . A voice from heaven is addressing us in its pages.

Obedience to God's Word is our only safeguard against the evils that are sweeping the world to destruction. (SD 190)

PRIORITIZE ETERNAL THEMES

And it came to pass, when Jesus had ended these sayings, the people were astonished at his doctrine:

Matthew 7:28

Christ did not deal in abstract theories, but in that which is essential to the development of character; that which will enlarge man's capacity for knowing God, and increase his power to do good. He spoke of those truths that relate to the conduct of life and that unite man with eternity. Instead of directing the people to study men's theories about God, His Word, or His works, He taught them to behold Him, as manifested in His works, in His Word, and by His providences. He brought their minds in contact with the mind of the Infinite. Christ's teaching, like His sympathies, embraced the world. Never can there be a circumstance of life, a crisis in human experience, which has not been anticipated in His teaching, and for which its principles have not a lesson. The Prince of teachers, His words will be found a guide to His co-workers till the end of time. Before His mind's eye was outspread every scene of human effort and achievement, of temptation and conflict, of perplexity and peril. All hearts, all homes, all pleasures and joys and aspirations, were known to Him.

He spoke not only for, but to, all mankind. To the little child, in the gladness of life's morning; to the eager, restless heart of youth; to men in the strength of their years, bearing the burden of responsibility and care; to the aged in their weakness and weariness–to all, His message was spoken–to every child of humanity, in every land and in every age.

In His teaching were embraced the things of time and the things of eternity–things seen, in their relation to things unseen, the passing incidents of common life and the solemn issues of the life to come.

The things of this life He placed in their true relation, as subordinate to those of eternal interest; but He did not ignore their importance. He taught that heaven and earth are linked together, and that a knowledge of divine truth prepares man better to perform the duties of daily life.

To Him nothing was without purpose. The sports of the child, the toils of the man, life's pleasures and cares and pains, all were means to the one end–the revelation of God for the uplifting of humanity. (LHU 177)

RETAIN CHRIST AS PERSONAL COUNSEL

The way of the Lord is strength to the upright: but destruction shall be to the workers of iniquity.

Proverbs 10:29

If from the beginning we had walked in the counsel of God, thousands more would have been converted to the present truth. But many have made crooked paths for their feet. My brethren, make straight paths, lest the lame be turned out of the way. Let no one follow a crooked path that some one else has made, for thus you would not only go astray yourself, but would make this crooked path plainer for some one else to follow. Determine that as for yourself, you will walk in the path of obedience. Know for a certainty that you are standing under the broad shield of Omnipotence. Realize that the characteristics of Jehovah must be revealed in your life, and that in you a work must be accomplished that will mold your character after the divine similitude. Yield yourself to the guidance of Him who is the Head over all.

We are doing our work for the judgment. Let us be learners of Jesus. We need His guidance every moment. At every step we should inquire, "Is this the way of the Lord?" not, "Is this the way of the man who is over me?" We are to be concerned only as to whether we are walking in the way of the Lord.

God will honor and uphold every true-hearted, earnest soul who is seeking to walk before Him in the perfection of Christ's grace. He will never leave nor forsake one humble, trembling soul. Shall we believe that He will work in our hearts? that if we allow Him to do so, He will make us pure and holy, by His rich grace qualifying us to be laborers together with Him? Can we with keen, sanctified perception appreciate the strength of His promises, and appropriate them, not because we are worthy, but because by living faith we claim the righteousness of Christ?

There is nothing so great and powerful as God's love for those who are His children. (SD 192)

ENJOY LIFE

Whatsoever thy hand findeth to do, do it with thy might; for there is no work, nor device, nor knowledge, nor wisdom, in the grave, whither thou goest.

Ecclesiastes 9:10

It is a solemn thing to die, but a far more solemn thing to live. Every thought and word and deed of our lives will meet us again. What we make of ourselves in probationary time, that we must remain to all eternity. Death brings dissolution to the body, but makes no change in the character. The coming of Christ does not change our characters; it only fixes them forever beyond all change.

I appeal to the members of the church to be Christians, to be Christlike. Jesus was a worker, not for Himself, but for others. . . . If you are Christians you will imitate His example. . . .

Awake, I beseech you, from the sleep of death. It is too late to devote the strength of brain, bone, and muscle to self-serving. Let not the last day find you destitute of heavenly treasure. Seek to push the triumphs of the cross, seek to enlighten souls, labor for the salvation of your fellow beings, and your work will abide the trying test of fire.

Let us remember that while the work we have to do may not be our choice, it is to be accepted as God's choice for us. Whether pleasing or unpleasing, we are to do the duty that lies nearest. "Whatsoever thy hand findeth to do, do it with thy might; for there is no work, nor device, nor knowledge, nor wisdom, in the grave, whither thou goest."

If the Lord desires us to bear a message to Nineveh, it will not be as pleasing to Him for us to go to Joppa or to Capernaum. He has reasons for sending us to the place toward which our feet have been directed. At that very place there may be someone in need of the help we can give.

Whatever the line of work in which we engage, the Word of God teaches us to be "not slothful in business; fervent in spirit; serving the Lord" (Rom. 12:11). . . . "Knowing that of the Lord ye shall receive the reward of the inheritance: for ye serve the Lord Christ" (Col. 3:24). (FLB 169)

CHOOSE LOVE OVER FEAR

There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.

1 John 4:18

This is an important statement; for there are many who desire to love and serve God, and yet when afflictions comes upon them, they do not discern the love of God in it, but the hand of the enemy. They mourn and murmur and complain; but this is not the fruit of love to God in the soul. If we have perfect love, we shall know that God is not seeking to injure us, but that in the midst of trials, and griefs, and pains, He is seeking to make us perfect, and to test the quality of our faith. When we cease to worry about the future, and begin to believe that God loves us, and means to do us good, we shall trust Him as a child trusts a loving parent. Then our troubles and torments will disappear, and our will will be swallowed up in the will of God.

Through an abiding Christ you will become Christlike in character. The Lord desires you to stand by His side, as a kind, patient, humble son of God. The Lord designs that the laborers in His service shall represent His love. . . .

Our relations with one another should be pleasant. When we do right, the testimony of our own spirit and the testimony of the Spirit of God bear witness that the human mind is under the control of the divine mind. . . . His Word furnishes evidence from which we may draw the conclusion that we are indeed His sons and daughters. . . . True love for God carries with it true, reverential trust. And he who loves God will love his brother also.

"Now abideth faith, hope, and charity, these three," faith, which takes hold of Omnipotence and refuses to be baffled; hope, which turns the future triumphs of the good and the true into present encouragement and joy; and love, which consecrates all to God and for God. (SD 193)

FOLLOW GOOD RULES

Be thou strong and very courageous, that thou mayest observe to do according to all the law, which Moses my servant commanded thee: turn not from it to the right hand or to the left, that thou mayest prosper whithersoever thou goest.

Joshua 1:7

God calls for men, for those who in His sight will be true. Reforms must be brought about in the churches. There is now great need of reinstating in the hearts of men and women an old-time reverence for the Ten Commandments. Through obedience to these commandments, humanity is to be sanctified, that the results of skepticism shall not be strengthened, but that the foundation of our faith shall be made manifest, and all the precepts of God's holy law enforced. The realization of individual responsibility is to be awakened. Men are to remember that in order to be regarded as men by the Lord, their course of action must be just, pure, and true.

Men and women may shun the reproach they are called upon to bear for Christ's sake, they may do the works of the children of transgressors, but as surely as they do this, they will receive the reward of the evildoer. They may climb to places of distinction, they may stand high in the literary world, and with proud superiority they may resist the truth of heavenly origin; but in the end they will lose all.

Our happiness and salvation depend upon eating the bread of life; that is, obeying the words and doing the works of Christ, advancing righteousness and restraining unrighteousness. Nothing can give such self-reliance, such courage, such an increase of talents and ability, as a true estimate of the requirements of God's law. . . . Love for Jesus Christ leads us to obey God's commandments, which are a lamp to our feet and a light to our path, securing for us the illuminating, purifying, blissful presence of both the Father and the Son. He who is obedient can commune with God even as did Enoch. (SD 194)

EXPERIENCE REST

And Moses said unto the people, Fear not: for God is come to prove you, and that his fear may be before your faces, that ye sin not.

Exodus 20:20

It requires moral courage to take a position to keep the commandments of the Lord. An opposer of the truth once said that it was only weak-minded people . . . who would turn away from the churches to keep the seventh day as the Sabbath. But a minister who had embraced the truth replied, "If you think it takes weak-minded persons, just try it." It takes moral courage, firmness, decision, perseverance and very much prayer to step out on the unpopular side.

Standing under the broad shield of Omnipotence, we do not feel that we are in the minority. God is a majority. . . . We are to consider that Christ has set us to be a light amid the moral darkness of the world. We are not to misinterpret the character of God, we are not to be fretful, to speak out what we think, to blame and criticize and censure others; but we are to let the Holy Spirit fashion the character after the similitude of Christ.

Now let us see what Jesus will do for us if we let Him. In His prayer for His disciples He said, "And now I come to thee; and these things I speak in the world, that they might have my joy fulfilled in themselves." Is it possible to have joy in obeying Christ? It is the only real joy that any soul can have.

Will the Saviour ever turn away to leave you to struggle alone? No, never. . . . Poverty is coming upon this world, and there will be a time of trouble such as never was since there was a nation. There will be wars and rumors of wars, and the faces of men will gather paleness. You may have to suffer distress; you may go hungry sometimes; but God will not forsake you in your suffering. He will test your faith. . . . We are here to manifest Christ to the world, to represent Him and His power to mankind. (SD 195)

CHOOSE LOVE POWER

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

2 Timothy 1:7

We are now in a time when we are to stand steadfast for the truth. We are to cherish love for souls, but never, never are we to surrender the least vital point of truth, for it is by maintaining truth, pure, unadulterated truth, that we can at this time bring honor and glory to Jesus Christ our Prince. The Word is the bread of life, and in the Word Christ's disciples are represented as eating and drinking the flesh and the blood of Christ, making His Word a part of their lives. No lie is of the truth. Truth will stand the test in the time of false theories, if we hold fast the beginning of our confidence firm unto the end. . . .

Let us exercise faith in God, and keep close to the side of Christ in following His Word. The Lord will teach His people if they will be taught. We can stand where we can hear the instruction of Christ. We have a living God and a living Christ. Whole legions of devils are watching their opportunities to get hold of human minds, but if we keep close to the Word, we shall not be overcome. "Wherefore," said Paul to Timothy, "I put thee in remembrance that thou stir up the gift of God, which is in thee by the putting on of hands. For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind."

We need to have a living faith in Jesus Christ. We need to exercise faith, that when the enemy comes in like a flood, the Lord will lift up a standard for us against him. A heart true to God is often in prayer. Do not let one wave of discouragement come over you. We must give our thoughts to the contemplation of the character and the works of God, teaching Christ's words. Be of good courage. Let your courage and your constant reliance upon Jesus Christ inspire in others belief and increased faith and hope. (SD 196)

PRACTICE GOD'S PRESENCE

Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whithersoever thou goest.

Joshua 1:9

Only the sense of God's presence can banish the fear that, for the timid child, would make life a burden. Let him fix in his memory the promise, "The angel of the Lord encampeth round about them that fear him, and delivereth them." Let him read that wonderful story of Elisha in the mountain city, and, between him and the hosts of armed foemen, a mighty encircling band of heavenly angels. Let him read how to Peter, in prison and condemned to death, God's angel appeared; how, past the armed guards, the massive doors and great iron gateway with their bolts and bars, the angel led God's servant forth in safety. Let him read of that scene on the sea, when to the tempest-tossed soldiers and seamen, worn with labor and watching and long fasting, Paul the prisoner, on his way to trial and execution, spoke those grand words of courage and hope: "Be of good cheer; for there shall be no loss of any man's life among you. . . . For there stood by me this night the angel of God, whose I am, and whom I serve, saying, Fear not, Paul; thou must be brought before Caesar; and, lo, God hath given thee all them that sail with thee." In the faith of this promise Paul assured his companions, "There shall not a hair fall from the head of any of you." So it came to pass. Because there was in that ship one man through whom God could work, the whole shipload of heathen soldiers and sailors was preserved. . . .

Let the self-distrustful, whose lack of self-reliance leads them to shrink from care and responsibility, be taught reliance upon God. Thus many a one who otherwise would be but a cipher in the world, perhaps only a helpless burden, will be able to say with the apostle Paul, "I can do all things through Christ which strengtheneth me." (SD 197)

GATHER COURAGE

Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever.
Psalm 23:6

Christ has given us no assurance that to attain to perfection of character is an easy matter. It is a conflict, a battle and a march, day by day. It is through much tribulation that we enter the kingdom of heaven. In order to share with Christ in His glory we must share in His suffering. . . . He has overcome for us. Shall we, then, be timid and cowardly because of the trials that we meet as we advance? . . .

When we have a deeper appreciation of the mercy and loving-kindness of God, we shall praise Him, instead of complaining. We shall talk of the loving watchcare of the Lord, of the tender compassion of the Good Shepherd. The language of the heart will not be selfish murmuring and repining. Praise, like a clear, flowing stream, will come from God's truly believing ones. They will say, "Goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever."

Why not awake the voice of spiritual song in the days of our pilgrimage? . . . We need to study God's Word, to meditate and pray. Then we shall have spiritual eyesight to discern the inner courts of the celestial temple. We shall catch the notes of thanksgiving sung by the heavenly choir around the throne. When Zion shall arise and shine, her light will be most penetrating, and songs of praise and thanksgiving will be heard in the assembly of the saints. Little disappointments and difficulties will be lost sight of.

The Lord is our helper. . . .No one ever trusted God in vain. He never disappoints those who put their dependence on Him. If we would only do the work that the Lord would have us do, walking in the footsteps of Jesus, our hearts would become sacred harps, every chord of which would send forth praise and thanksgiving to the One sent by God to take away the sin of the world. (SD 198)

PRACTICE PRAISING

And when he (Jehoshaphat) had consulted with the people, he appointed singers unto the Lord, and that should praise the beauty of holiness, as they went out before the army, and to say, Praise the Lord; for his mercy endureth for ever.
2 Chronicles 20:21

And . . . he appointed singers unto the Lord, and that should praise the beauty of holiness, as they went out before the army.". . . They praised God for the victory, and four days thereafter the army returned to Jerusalem, laden with the spoils of their enemies, singing praise for the victory won.

Do you not think that if more of this were done now, our hope and courage and faith would be revived? Would not the hands of the soldiers who are standing in defense of the truth be strengthened? If there were much more praising the Lord, and far less doleful recitation of discouragement, many more victories would be gained.

God is the eternal, uncreated fountain of all good. All who trust in Him will find Him to be this. To those who serve Him, looking to Him as their heavenly Father, He gives the assurance that He will fulfil His promises. His joy will be in their hearts, and their joy will be full.

It is our privilege to open our hearts, and let the sunshine of Christ's presence in. My brother, my sister, face the light. Come into actual, personal contact with Christ, that you may exert an influence that is uplifting and reviving. Let your faith be strong and pure and steadfast. Let gratitude to God fill your hearts. When you rise in the morning, kneel at your bedside, and ask God to give you strength to fulfil the duties of the day, and to meet its temptations. Ask Him to help you to bring into your work Christ's sweetness of character. Ask Him to help you to speak words that will inspire those around you with hope and courage, and draw you nearer to the Saviour. (SD 199)

RADIATE LIGHT

For ye were sometimes darkness, but now are ye light in the Lord: walk as children of light.

Ephesians 5:8

Walk in the light." To walk in the light means to resolve, to exercise thought, to exert willpower, in an earnest endeavor to represent Christ in sweetness of character. It means to put away all gloom. You are not to rest satisfied simply in saying, "I am a child of God." Are you beholding Jesus, and, by beholding, becoming changed into His likeness? To walk in the light means advancement and progress in spiritual attainments. Paul declared, "Not as though I had already attained, either were already perfect; but . . . forgetting those things which are behind," constantly beholding the Pattern, I reach "forth unto those things which are before." To walk in the light means to "walk uprightly," to walk "in the way of the Lord," to "walk by faith," to "walk in the Spirit," to "walk in the truth," to "walk in love," to "walk in the newness of life." It is "perfecting holiness in the fear of God."

What a terrible thing it is to darken the pathway of others by bringing shadow and gloom upon ourselves! Let each one take heed to himself. Charge not upon others your defections of character. . . . Talk light; walk in the light. "God is light, and in him is no darkness at all.". . . Gather to your souls the courage that can come only from the Light of the world.

When the light of heaven shines upon the human agent, his countenance will express the joy of the Lord within. It is the absence of Christ from the soul that makes people sad and of a doubtful mind. It is the want of Christ that makes the countenance sad, and the life is a pilgrimage of sighs. Rejoicing is the very keynote of the Word of God for all who receive Him. Why? Because they have the Light of life. Light brings gladness and joy, and that joy is expressed in the life and the character. (SD 200)

GATHER COURAGE FROM COLDNESS

And because iniquity shall abound, the love of many shall wax cold. But he that shall endure unto the end, the same shall be saved.

Matthew 24:12, 13

And because iniquity shall abound, the love of many shall wax cold." The very atmosphere is polluted with sin. Soon God's people will be tested by fiery trials, and the great proportion of those who now appear to be genuine and true will prove to be base metal. Instead of being strengthened and confirmed by opposition, threats, and abuse, they will cowardly take the side of the opposers. The promise is: "Them that honour me I will honour.". . .

Already the judgments of God are abroad in the land, as seen in storms, in floods, in tempests, in earthquakes, in peril by land and by sea. The great I AM is speaking to those who make void His law. When God's wrath is poured out upon the earth, who will then be able to stand? Now is the time for God's people to show themselves true to principle. When the religion of Christ is most held in contempt, when His law is most despised, then should our zeal be the warmest and our courage and firmness the most unflinching. To stand in the defense of truth and righteousness when the majority forsake us, to fight the battles of the Lord when champions are few--this will be our test. At this time we must gather warmth from the coldness of others, courage from their cowardice, and loyalty from their treason. . . .

The Captain of our salvation will strengthen His people for the conflict in which they must engage. . . .

Now is the time when we should closely connect with God, that we may be hid when the fierceness of His wrath is poured upon the sons of men.

All who will gather warmth from the coldness of others, courage from their defections, and loyalty from their treason, will triumph with the third angel's message. (SD 201)

GRASP LIFE'S PURPOSE

I press toward the mark for the prize of the high calling of God in Christ Jesus.

Philippians 3:14

When Adam came from the Creator's hand, he bore, in his physical, mental, and spiritual nature, a likeness to his Maker. "God created man in his own image" (Gen. 1:27), and it was His purpose that the longer man lived the more fully he should reveal this image—the more fully reflect the glory of the Creator. All his faculties were capable of development; their capacity and vigor were continually to increase. Vast was the scope offered for their exercise, glorious the field opened to their research. The mysteries of the visible universe—the "wondrous works of him which is perfect in knowledge" (Job 37:16)—invited man's study.

Face-to-face, heart-to-heart communion with his Maker was his high privilege. Had he remained loyal to God, all this would have been his forever. Throughout eternal ages he would have continued to gain new treasures of knowledge, to discover fresh springs of happiness, and to obtain clearer and yet clearer conceptions of the wisdom, the power, and the love of God. More and more fully would he have . . . reflected the Creator's glory.

But by disobedience this was forfeited. Through sin the divine likeness was marred, and well-nigh obliterated. Man's physical powers were weakened, his mental capacity was lessened, his spiritual vision dimmed. He had become subject to death. Yet the race was not left without hope. By infinite love and mercy the plan of salvation had been devised, and a life of probation was granted. To restore in man the image of his Maker, to bring him back to the perfection in which he was created, to promote the development of body, mind, and soul, that the divine purpose in his creation might be realized–this was to be the work of redemption. This is the object of education, the great object of life.

To honor Christ, to become like Him, to work for Him, is . . . life's highest ambition and its greatest joy. (FLB 166)

BECOME STRONG

Be strong, all ye people of the land, saith the Lord, and work: for I am with you, saith the Lord of hosts.

Haggai 2:4

Our Lord is cognizant of the conflict of His people in these last days with the satanic agencies combined with evil men who neglect and refuse their great salvation. With the greatest simplicity and candor, our Saviour, the mighty General of the armies of heaven, does not conceal the stern conflict which they will experience. He points out the dangers, He shows us the plan of the battle, and the hard and hazardous work to be done, and then lifts His voice before entering the conflict to count the cost while at the same time He encourages all to take up the weapons of their warfare and expect the heavenly host to compose the armies to war in defense of truth and righteousness. Men's weakness shall find supernatural strength and help in every stern conflict to do the deeds of Omnipotence, and perseverance in faith and perfect trust in God will ensure success.

While the past confederacy of evil is arrayed against them He bids them to be brave and strong and fight valiantly for they have a heaven to win, and they have more than an angel in their ranks, the mighty General of armies leads on the armies of heaven.

As on the occasion of the taking of Jericho, not one of the armies of Israel could boast of exercising their finite strength to overthrow the walls of the city, but the Captain of the Lord's host planned the battle in the greatest simplicity, that the Lord alone should receive the glory and man should not be exalted. God has promised us all power; for the promise is unto you and your children, and to all that are afar off even as many as the Lord our God shall call.

Faith is the living power that presses through every barrier, overrides all obstacles, and plants its banner in the heart of the enemy's camp. (SD 202)

BECOME FORCEFUL

And in very deed for this cause have I raised thee up, for to shew in thee my power; and that my name may be declared throughout all the earth.

Exodus 9:16

Christian life is more than many take it to be. It does not consist wholly in gentleness, patience, meekness, and kindliness. These graces are essential; but there is need also of courage, force, energy, and perseverance. The path that Christ marks out is a narrow, self-denying path. To enter that path and press on through difficulties and discouragements, requires men who are more than weaklings.

Men of stamina are wanted, men who will not wait to have their way smoothed, and every obstacle removed, men who will inspire with fresh zeal and flagging efforts to dispirited workers, men whose hearts are warm with Christian love, and whose hands are strong to do their Master's work.

Some who engage in missionary service are weak, nerveless, spiritless, easily discouraged. They lack push. They have not those positive traits of character that give power to do something, the spirit and energy that kindle enthusiasm. Those who would win success must be courageous and hopeful. They should cultivate not only the passive but the active virtues. While they are to give the soft answer that turns away wrath, they must possess the courage of a hero to resist evil. With the charity that endures all things, they need the force of character that will make their influence a positive power.

Some have no firmness of character. . . .This weakness, indecision, and inefficiency should be overcome. . . .

Men of power are those who have been opposed, baffled, and thwarted. By calling their energies into action, the obstacles they meet prove to them positive blessings. They gain self-reliance. Conflict and perplexity call for the exercise of trust in God, and for that firmness which develops power. (SD 203)

HANDLE THE GIFT CAREFULLY

Know ye that the Lord he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture.

Psalm 100:3

The work of creation cannot be explained by science. What science can explain the mystery of life?

Life is a gift of God.

The natural life is preserved moment by moment by divine power; yet it is not sustained by a direct miracle, but through the use of blessings placed within our reach.

The Saviour in His miracles revealed the power that is continually at work in man's behalf, to sustain and to heal him. Through the agencies of nature, God is working, day by day, hour by hour, moment by moment, to keep us alive, to build up and restore us. When any part of the body sustains injury, a healing process is at once begun; nature's agencies are set at work to restore soundness. But the power working through these agencies is the power of God. All life-giving power is from Him. When one recovers from disease, it is God who restores him. Sickness, suffering, and death are work of an antagonistic power. Satan is the destroyer; God is the restorer.

A great lesson is learned when we understand our relation to God, and His relation to us.

We have an individuality and an identity that is our own. No one can submerge his identity in that of any other. All must act for themselves, according to the dictates of their own conscience. As regards our responsibility and influence, we are amenable to God as deriving our life from Him. This we do not obtain from humanity, but from God only.

We are His by creation and by redemption. Our very bodies are not our own, to treat as we please, to cripple by habits that lead to decay, making it impossible to render to God perfect service. Our lives and all our faculties belong to Him. He is caring for us every moment; He keeps the living machinery in action; if we were left to run it for one moment, we should die. We are absolutely dependent upon God. (FLB 165)

STAND FORCEFULLY

I have written unto you, fathers, because ye have known him that is from the beginning. I have written unto you, young men, because ye are strong, and the word of God abideth in you, and ye have overcome the wicked one.

1 John 2:14

These words of approval and instruction are addressed to every young man who has put on the whole armor of righteousness. Young and strong, they may do giant strokes for God, if they will make God their only trust. The older ones who are addressed as "fathers," have a decided work to do in holding up the standard: but they feel the pressure of the burdens of life, and it is fitting that the younger ones should be encouraged to qualify themselves for duty by obtaining an experience in the knowledge of Jesus Christ, so that as the standard falls from the fathers, the strong young men may grasp it, and bear it aloft. . . .

There are many young men in this age who will search the Scriptures as for hidden treasures, and having found jewels of truth, will open up the treasures of the Word to the minds of others.

. . . "Ye are strong" comprehends more than mere physical strength. It means that the mind has been trained to think, and has been kept clear and strong by the practice of strictly temperate habits. It means that the young men have engaged with earnestness, and have overcome the enemy, connecting the religion of Jesus Christ with everyday life, and bringing Christ into their everyday duties and enjoyments. It means that they have become partakers of the divine nature.

Youth who have given themselves to the service of God are in a position to fight manfully the battles of the Lord. Let the youth take Christ as their pattern, and they will do justly, love mercy, and walk humbly with their God. They will then be strong.

Character will be tested. . . . Day by day and year by year we shall conquer self and develop a noble heroism. (SD 204)

LEARN OBEDIENCE

And he said, Lay not thine hand upon the lad, neither do thou any thing unto him: for now I know that thou fearest God, seeing thou hast not withheld thy son, thine only son from me.

Genesis 22:12

Abraham, . . . in obedience to the divine command, . . . pursues his journey with Isaac by his side. He sees before him the mountain which God had told him He would signalize as the one upon which he was to sacrifice. He removes the wood from the shoulder of his servant and lays it upon Isaac, the one to be offered. He girds up his soul with firmness and agonizing sternness, ready for the work which God requires him to do. With a breaking heart and unnerved hand, he takes the fire, while Isaac inquires: Father, here is the fire and the wood; but where is the offering? But, oh, Abraham cannot tell him now!

Father and son build the altar, and the terrible moment comes for Abraham to make known to Isaac that which had agonized his soul all that long journey, that Isaac himself is the victim. Isaac is not a lad; he is a full-grown young man. He could have refused to submit to his father's design had he chosen to do so. He does not accuse his father of insanity, nor does he even seek to change his purpose. He submits. He believes in the love of his father and that he would not make this terrible sacrifice of his only son if God had not bidden him to do so.

Isaac is bound by the trembling, loving hands of his pitying father because God has said it. The son submits to the sacrifice because he believes in the integrity of his father. But when everything is ready, when the faith of the father and the submission of the son are fully tested, the angel of God stays the uplifted hand of Abraham that is about to slay his son and tells him that it is enough.

In order to obey God willingly under all circumstances, great courage is needful.

We can know Christ only by loving and obeying Him. The Lord calls for valiant men, who will not fail or be discouraged. (SD 205)

REFUSE DISCOURAGEMENT

And it came to pass at the seventh time, that he said, Behold, there ariseth a little cloud out of the sea, like a man's hand. And he said, Go up, say unto Ahab, Prepare thy chariot, and get thee down, that the rain stop thee not.
1 Kings 18:44

Important lessons are presented to us in the experience of Elijah. When upon Mt. Carmel he offered the prayer for rain, his faith was tested, but he persevered in making known his request unto God. Six times he prayed earnestly, and yet there was no sign that his petition was granted, but with a strong faith he urged his plea to the throne of grace. Had he given up in discouragement at the sixth time, his prayer would not have been answered. . . . We have a God whose ear is not closed to our petitions; and if we prove His word, He will honor our faith. He wants us to have all our interests interwoven with His interests, and then He can safely bless us; for we shall not then take glory to self when the blessing is ours, but shall render all the praise to God. God does not always answer our prayers the first time we call upon Him; for should He do this, we might take it for granted that we had a right to all the blessings and favors He bestowed upon us.

The servant watched while Elijah prayed. . . . As he searched his heart, he seemed to be less and less, both in his own estimation and in the sight of God. It seemed to him that he was nothing, and that God was everything; and when he reached the point of renouncing self, while he clung to the Saviour as his only strength and righteousness, the answer came.

However courageous and successful a man may be in the performance of a special work, unless he looks constantly to God when circumstances arise to test his faith he will lose his courage. Even after God has given him marked tokens of His power, after he has been strengthened to do God's work, he will fail unless he trusts implicitly in Omnipotence.
(SD 206)

CHOOSE GOOD MODELS

And Caleb stilled the people before Moses, and said, Let us go up at once, and possess it; for we are well able to overcome it.

Numbers 13:30

The third angel is flying in the midst of heaven, heralding the commandments of God and the faith of Jesus. This represents the work which is to be done in these last days. The message loses none of its power in its onward flight. John sees the work increasing in power till the whole earth is filled with the glory of God. The message, "Fear God and keep his commandments; for the hour of his judgment is come," is to go with a loud voice. With intensified zeal and energy human beings are to carry forward the work of the Lord. In the home, in the school, and in the church men, women, and youth are to be prepared to give the message to the world. . . . Now, just now, we need Calebs and Joshuas. We need strong, devoted, self-sacrificing young men and young women, who will press to the front.

Today we need men of thorough fidelity, men who follow the Lord fully, men who are not disposed to be silent when they ought to speak, who are as true as steel to principle, who do not seek to make a pretentious show, but who walk humbly with God, patient, kind, obliging, courteous men, who understand that the science of prayer is to exercise faith and show works that will tell to the glory of God and the good of His people. . . . To follow Jesus requires wholehearted conversion at the start, and a repetition of this conversion every day.

It was Caleb's faith in God that gave him courage, that kept him from the fear of man, and enabled him to stand boldly and unflinchingly in the defense of the right. Through reliance on the same power, the mighty General of the armies of heaven, every true soldier of the cross may receive strength and courage to overcome the obstacles that seem insurmountable. (SD 207)

ATTEMPT GREAT THINGS

And Jonathan said to the young man that bare his armour, Come, and let us go over unto the garrison of these uncircumcised: it may be that the Lord will work for us: for there is no restraint to the Lord to save by many or by few.

1 Samuel 14:6

In Jonathan, the son of Saul, the Lord saw a man of pure integrity, one to whom He could draw nigh, and upon whose heart He could move. . . .

These two men gave evidence that they were moving under the influence and command of a more than human general. To outward appearance, their venture was rash, and contrary to all military rules. But the action of Jonathan was not done in human rashness. He depended not on what he and his armor-bearer themselves could do; he was the instrument that God used in behalf of His people Israel. They made their plans, and rested their cause in the hands of God. If the armies of the Philistines challenged them, they would advance. If they said, Come, they would go forward. . . . Jonathan and his armor-bearer had asked a sign of the Lord; and the challenge had come, the sign was given. These two men placed their hope in God, and went forward. It was no easy passage for the brave adventurers. They had hard climbing to reach the top. . . .

It would have been an easy matter for the Philistines to kill these two brave, daring men; but it did not enter into their minds that these two solitary men had come up with any hostile intent. The wondering men above looked on, too surprised to take in their possible object. They regarded these men as deserters, and permitted them to come without harm. . . . "And they fell before Jonathan; and his armour-bearer slew after him." . . . This daring work sent a panic through the camp. There lay the dead bodies of twenty men, and to the sight of the enemy there seemed hundreds of men prepared for war. The armies of heaven were revealed to the opposing host of the Philistines. (SD 208)

LEAD COURAGEOUSLY

And when the people saw that Moses delayed to come down out of the mount, the people gathered themselves together unto Aaron, and said unto him, Up, make us gods, which shall go before us; for as for this Moses, the man that brought us up out of the land of Egypt, we wot not what is become of him.

Exodus 32:1

In the absence of Moses, the judicial authority had been delegated to Aaron, and a vast crowd gathered about his tent, with the demand, "Make us gods, which shall go before us. . . . "Such a crisis demanded a man of firmness, decision, and unflinching courage; one who held the honor of God above popular favor, personal safety, or life itself. . . . Aaron feebly remonstrated with the people, but his wavering and timidity at the critical moment only rendered them the more determined. The tumult increased. . . . Aaron feared for his own safety; and instead of nobly standing up for the honor of God, he yielded to the demands of the multitude. His first act was to direct that the golden earrings be collected from all the people and brought to him, hoping that pride would lead them to refuse such a sacrifice. But they willingly yielded up their ornaments; and from these he made a molten calf, in imitation of the gods of Egypt.

We repeat the sin of Aaron, pacifying, when the eyesight should be clear to discern evil and state it plainly, even if it places us in an unpleasant position, because our motives may be misapprehended. We must not suffer wrong upon a brother or any soul with whom we are connected. This neglect to stand up firmly for truth was the sin of Aaron. Had he spoken the truth plainly, that golden calf would never have been made.

There are still pliant Aarons, who . . . will yield to the desires of the unconsecrated, and thus encourage them in sin.

Those who are honored with a divine commission, are not to be weak, . . . or to shun disagreeable duties, but to perform God's work with unswerving fidelity. (SD 209)

EXERCISE BACKBONE

Let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed.
James 1:6

Some men have no firmness of character. They are like a ball of putty and can be pressed into any conceivable shape. . . . This weakness, indecision, and inefficiency must be overcome. There is an indomitableness about true Christian character which cannot be molded or subdued by adverse circumstances. Men must have moral backbone, an integrity which cannot be flattered, bribed, or terrified.

We have a powerful enemy. . . . When men give themselves over to be the slaves of Satan, he does not manifest the enmity toward them which he does to those who bear the name of Christ, and give themselves to the service of God. He hates them with a deadly hatred. He knows that he can grieve Jesus by bringing them under the power of his deceptions, by injuring them, by weakening their faith. . . . Satan will permit those to have a degree of rest who are bound as slaves to his chariot, for they are his willing captives; but his enmity is aroused when the message of mercy reaches his bond slaves, and they seek to wrench themselves away from his power, that they may follow the true Shepherd. . . . The conflict between the soul and Satan begins when the captive begins to tug at the chain, and longs to be free. . . .

Those who really desire to be taught of God, and to walk in His way, have the sure promise that if they feel their lack of wisdom and ask of God, He will give liberally, and upbraid not. The apostle says, "Let him ask in faith, nothing wavering." . . . Believe; believe that God will do just what He has promised. Keep your prayers ascending, and watch, work, and wait. Fight the good fight of faith.

As long as we sail with the current of the world we need neither canvas nor oar. It is when we turn squarely about to stem the current that our labors begin. (SD 210)

WALK RESOLUTELY

Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.

Psalm 1:1

The ungodly are those who do not love and obey the commandments of God, but go contrary to them. This is the class of counselors you are warned to shun, the class which Satan uses to lead youth astray. Their counsel, their suggestions, are of a character to make light of sin, to ridicule righteousness. . . . They are represented as standing in the way of sinners, always leading them out of the straight path of duty and obedience to God's commandments into paths of disobedience. If it were not for those persons who do wrong and tempt others to do wrong, many sinners might have chosen the path of duty, the life of purity and godliness.

The fear of ridicule leads many a youth to yield to temptation and to walk in the way of the ungodly.

Jesus would not place Himself in peril to please the devil. But how many today can stand a dare?

Allow no taunts, no threats, no sneering remarks, to induce you to violate your conscience in the least particular, and thus open a door whereby Satan can come in and control the mind. . . .

You must be an interested student of the Bible. . . . His Word is a sure guide; if it is carefully studied, there is no danger of falling under the power of temptations that surround the youth, and crowd in upon them.

Some may ridicule you for being so strict; they may call you self-righteous; but be careful to start right, and then keep quietly on. The history of Daniel, if all was written, would open chapters before you that would show you the temptations he had to meet, of ridicule, envy, and hatred; but . . . he rose superior to ridicule; and so will every one who is an overcomer. (SD 211)

RESIST VICES

And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown, but we an incorruptible.

1 Corinthians 9:25

In the family circle and in the church we should place Christian temperance on an elevated platform. It should be a living, working element, reforming habits, dispositions, and characters. Intemperance lies at the foundation of all the evil in our world.

The children need to be given lessons that will nurture in them courage to resist evil. . . . Parents should exercise great care in regard to the food placed before their children. Drunkards are only too often made by lessons of intemperance learned in the home. Let the children be given food that will build up mind and body, but keep away from them the highly seasoned dishes that would arouse a desire for still stronger stimulants.

The use of tobacco and strong drink has a great deal to do with the increase of disease and crime. Tobacco is a slow, insidious, but most malignant poison, and its use is working untold harm. . . .

No argument is needed to show the evils of the use of intoxicating drink. The bleared, besotted wrecks of humanity, souls for whom Christ died, and over whom angels weep, are everywhere. They are a blot on our boasted civilization. . . .

Those who in ancient times ran for a prize realized the importance of temperate habits, and how much more should we, who are running a race for a heavenly crown. We should put forth every effort to overcome evil.

At all times and on all occasions it requires moral courage to adhere to the principles of strict temperance.

Remember that you are daily weaving for yourself a web of habits. . . . The better you observe the laws of health, the more clearly can you discern temptations, and resist them, and the more clearly can you discern the value of eternal things. (SD 212)

IDENTIFY SIN

And Joshua said unto Achan, My son, give, I pray thee, glory to the Lord God of Israel, and make confession unto him; and tell me now what thou hast done; hide it not from me.
Joshua 7:19

The history of Achan teaches the solemn lesson that for one man's sin the displeasure of God will rest upon a people or a nation till the transgression is searched out and punished. Sin is corrupting in its nature. One man infected with its deadly leprosy may communicate the taint to thousands. . . . Many dare not condemn iniquity, lest they shall thereby sacrifice position or popularity. And by some it is considered uncharitable to rebuke sin. The servant of God . . . is under the most solemn obligation to present the Word of God, without fear or favor. He must call sin by its right name.

The love of God will never lead to the belittling of sin; it will never cover or excuse an unconfessed wrong. Achan learned too late that God's law, like its Author, is unchanging. It has to do with all our acts and thoughts and feelings. It follows us, and reaches every secret spring of action. By indulgence in sin, men are led to lightly regard the law of God. Many conceal their transgressions from their fellow men, and flatter themselves that God will not be strict to mark iniquity. But His law is the great standard of right, and with it every act of life must be compared in that day when God shall bring every work into judgment with every secret thing, whether it be good or evil. Purity of heart will lead to purity of life. All excuses for sin are vain. Who can plead for the sinner when God testifies against him?

The greatest want of the world is the want of men, men who will not be bought or sold; men who in their inmost souls are true and honest; men who do not fear to call sin by its right name; men whose conscience is as true to duty as the needle to the pole; men who will stand for the right though the heavens fall. (SD 214)

PROMOTE GOOD CAUSES

Go through, go through the gates; prepare ye the way of the people; cast up, cast up the highway; gather out the stones; lift up a standard for the people.

Isa. 62:10

Perplexities will increase; but let us, as believers in God, encourage one another. Let us not lower the standard, but keep it lifted high, looking to Him who is the Author and the Finisher of our faith.

We all need greater Christian courage, that we may uplift the standard on which is inscribed the commandments of God and the faith of Jesus. We are to make no compromise with the leaders of rebellion. . . . We must have a firm determination to do the Lord's will at all times and in all places.

Let the truth for this time be cordially received and become the basis of character, and it will produce steadfastness of purpose, which the allurements of pleasure, the fickleness of custom, the contempt of the world-loving and the heart's own clamors of self-indulgence are powerless to influence. . . .

We have marked illustrations of the sustaining power of firm, religious principle. Even the fear of death could not make the fainting David drink of the water of Bethlehem, to obtain which, valiant men had risked their lives. The gaping lions' den could not keep Daniel from his daily prayers, nor could the fiery furnace induce Shadrach and his companions to fall down before the idol which Nebuchadnezzar set up. Young men who have firm principles will eschew pleasure, defy pain, and brave even the lions' den and the heated fiery furnace rather than be found untrue to God.

Let it be written upon the conscience as with a pen of iron upon the rock, that real success, whether for this life or for the life to come, can be secured only by faithful adherence to the eternal principles of right. (SD 215)

FACE DEATH COURAGEOUSLY

I thank thee, and praise thee, O thou God of my fathers, who hast given me wisdom and might, and hast made known unto me now what we desired of thee: for thou hast now made known unto us the king's matter.

Daniel 2:23

Our God is, and He is a rewarder of them that diligently seek Him. Daniel sought the Lord when the decree went forth to slay all the wise men of the kingdom of Babylon because they could not relate or interpret a dream which had gone from the king's mind. Nebuchadnezzar demanded not only the interpretation of the dream, but the relation of the dream itself. . . . They declared that the request of the king was something unreasonable, and the test beyond that which had ever been required of any man. The king became furious, and acted like all men who have great power and uncontrollable passions. He decided that every one of them should be put to death, and as Daniel and his fellows were numbered with the wise men, they also were to share this fate. . . .

Daniel came before the king, and pleaded for time to bring this matter before the supreme court of the universe, from whose decision there could be no appeal. When his request was granted, Daniel laid the whole matter before his companions, who were united with him in worshiping the true God. The matter was fully considered, and on their bended knees they pleaded that God would give them the power and wisdom that would alone avail them in their great necessity. . . .

"Then was the secret revealed unto Daniel in a night vision. Then Daniel blessed the God of heaven." . . . I would impress upon the youth that Daniel's God is their God, and whatever difficulty may arise, let them do as did Daniel, "desire mercies of the God of heaven."

God will not fail His church in the hour of her greatest peril. He has promised deliverance. (SD 216)

SHINE LIKE A JEWEL

And they shall be mine, saith the Lord of hosts, in that day when I make up my jewels; and I will spare them, as a man spareth his own son that serveth him.

Malachi 3:17

Great is the work of the Lord. Men are choosing sides. Even those supposed to be heathen will choose the side of Christ, while those who become offended, as did the disciples, will go away and walk no more with Him. . . .

What effect will the attempt of men to make void the law of God have upon the righteous? Will they be intimidated because of the universal scorn that is put upon the holy law of God? Will the true believers in the "Thus saith the Lord" become wavering and ashamed because the whole world seems to despise His righteous law? Will they be carried away by the prevalence of evil? No; to those who have consecrated themselves to God to serve Him, the law of God becomes more precious when the contrast is shown between the obedient and the transgressor.

In proportion as the attributes of Satan are developed in the despisers and transgressors of the law of God, to the faithful adherent the holy precept will become more dear and valuable. He will declare, "They have made void thy law. Therefore I love thy commandments above gold; yea, above fine gold." It is the ones who have been faithful stewards of the grace of God whose love of God's commandments grows with the contempt which all around them would put upon them.

Wicked men and the church harmonize in this hatred of the law of God, and then the crisis comes. . . . But while they are murmuring and complaining, and falsely accusing, and doing Satan's work most zealously, another class is brought to our notice: "Then they that feared the Lord spake often one to another: and the Lord hearkened, and heard it, and a book of remembrance was written before him for them that feared the Lord, and that thought upon his name." (SD 217)

CHOOSE CHEER

Fear not: for I am with thee: I will bring thy seed from the east, and gather thee from the west. I will say to the north, Give up; and to the south, Keep not back: bring my sons from far, and my daughters from the ends of the earth.

Isaiah 43:5, 6

We must do our work with cheerfulness and hopefulness. We are in no case to become discouraged. Let us keep our eyes off the disagreeable parts of our experience, and let our words be full of good cheer. We can surround ourselves with a sunny atmosphere, or with an atmosphere charged with gloom. Let us educate ourselves to talk courage. Let us learn lessons from the example of Christ. Not even His terrible humiliation at the hands of the Jews and the Roman soldiers, His mock trial and the cruel treatment that He received, caused Him to become discouraged.

Hold the beginning of your confidence firm unto the end. The light of God's truth is not to be dimmed. It is to shine amidst the darkness of error that enshrouds our world. The Word of God is to be opened to those in the high places of the earth, as well as to those in the more lowly.

The church of Christ is God's agency for the proclamation of truth; she is empowered by Him to do a special work; and if she is loyal to God, obedient to His commandments, there will dwell within her the excellence of divine power. If she will honor the Lord God of Israel, there is no power that can stand against her. If she will be true to her allegiance, the forces of the enemy will be no more able to overpower her than is the chaff to resist the whirlwind.

There is before the church the dawn of a bright, glorious day, if she will put on the robe of Christ's righteousness, withdrawing from all allegiance to the world. . . . From Christ is flowing the living stream of salvation. . . . When in faith we take hold of His strength, He will change, wonderfully change, the most hopeless, discouraging outlook. He will do this for the glory of His name. (SD 218)

RENEW THEIR STRENGTH

They that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

Isaiah 40:31

In order to fight successfully, a soldier must have courage and strength. Of ourselves, we are weak and feeble. But we have the promise, "They that wait upon the Lord shall renew their strength."

Obstacles to the advancement of the work of God will appear; but fear not. To the omnipotence of the King of kings, our covenant-keeping God unites the gentleness and care of a tender shepherd. Nothing can stand in His way. His power is absolute, and it is the pledge of the sure fulfillment of His promises to His people. He can remove all obstructions to the advancement of His work. He has means for the removal of every difficulty, that those who serve Him and respect the means He employs may be delivered. His goodness and love are infinite, and His covenant is unalterable.

The plans of the enemies of His work may seem to be firm and well established, but He can overthrow the strongest of these plans, and in His own time and way He will do this, when He sees that our faith has been sufficiently tested and that we are drawing near to Him and making Him our counselor.

In the darkest days, when appearances seem so forbidding, fear not. Have faith in God. He is working out His will, doing all things well in behalf of His people. The strength of those who love and serve Him will be renewed day by day. His understanding will be placed at their service, that they may not err in the carrying out of His purposes.

There is to be no despondency in God's service. Our faith is to endure the pressure brought to bear upon it. God is able and willing to bestow upon His servants all the strength they need. He will more than fulfill the highest expectations of those who put their trust in Him. (SD 219)

CONSTANTLY IMPROVE

For the Lord giveth wisdom: out of his mouth cometh knowledge and understanding.

Proverbs 2:6

You need to seek constantly the highest culture of mind and soul, that you may bring to the education and training of your children a restful spirit, a loving heart; that you may imbue them with pure aspirations, and cultivate in them a love for things honest and pure and holy. . . . Seek constantly to improve your powers, that you may do the most perfect, thorough work at home, by both precept and example.

You should not follow your own inclinations. You should be very careful to set a right example in all things. Do not be inactive. Arouse your dormant energies. . . . Take up the duties essential to be done. Study how to perform with alacrity the plain, uninteresting, homely, but most needful duties.

Parents have not yet aroused to understand the amazing power of Christian culture. There are mines of truth to be worked that have been strangely neglected. This careless indifference does not meet the approval of God. Parents, God calls upon you to look at this matter with anointed eyes. You have as yet only skimmed the surface. Take up your long-neglected work, and God will cooperate with you. Do your work with wholeheartedness, and God will help you to make improvement. Begin by bringing the gospel into the home life.

The higher soul-culture, which gives purity and elevation to the thoughts and a spiritual fragrance to words and actions, requires careful, painstaking effort. It takes patience to keep every evil motive weeded from the garden of the Lord. (SD 312)

UNDERSTAND THE HUMAN MACHINERY

Ye are the temple of the living God; as God hath said, I will dwell in them, and walk in them; and I will be their God, and they shall be my people.

2 Corinthians 6:16

We are to obey the laws of His kingdom, making ourselves all that it is possible for us to be. Earnestly we are to cultivate the highest powers of our being, remembering that we are God's property, God's building. We are required to improve every day. Even in this world of sin and sorrow, we may, by earnest, persevering effort, rise to the highest spiritual efficiency. . . . We are to please God. This we may do; for Enoch pleased God, though living in a degenerate age. And there are Enochs in this our day.

The human house, God's building, His temple, requires close, vigilant, watchful guardianship. With David we can exclaim, "I am fearfully and wonderfully made." God's workmanship is to be preserved, that it may be revealed to the heavenly universe and to the apostate race that men and women are temples of the living God.

The perfection of character which God requires is the fitting up of the whole being as a temple for the indwelling of the Holy Spirit. The Lord requires the service of the entire human machinery. He desires men and women to be all that He has made it possible for them to be. It is not enough for certain parts of the machinery to be used. All parts must be brought into action, or the service is deficient. . . .

The physical life is to be carefully educated, cultivated, and developed, that through men and women the divine nature may be revealed in its fullness. God expects men to use the intellect He has given them. He expects them to use every reasoning power for Him. They are to give the conscience the place of supremacy that has been assigned it. The mental and physical powers, with the affections, are to be so cultivated that they can reach the highest efficiency. (SD 314)

IMPROVE HEALTH HABITS

For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

1 Corinthians 6:20

Our first duty toward God and our fellow beings is that of self-development. Every faculty with which the Creator has endowed us should be cultivated to the highest degree of perfection, that we may be able to do the greatest amount of good which we are capable. Hence that time is spent to good account which is directed to the establishment and preservation of sound physical and mental health.

Man is God's workmanship, His masterpiece, created for a high and holy purpose; and on every part of the human tabernacle God desires to write His law. . . . Every nerve and muscle, every mental and physical endowment, is to be kept pure.

God designs that the body shall be as a temple for His Spirit. Solemn is the accountability resting upon every soul. Your individual influence is exercised for good or for evil. If you defile your body, you are not only doing harm to yourself, but to many others. Christians are under obligation to God to keep soul, body, and spirit free from all that will defile; for they have been bought with a price.

No man or woman has any right to form habits which lessen the healthful action of one organ of mind or body. . . . Those who give themselves up to the use of tobacco and liquor do not appreciate their intellect. They do not realize the value of the faculties God has given them, to be cultivated and improved. Thus men allow their powers to wither and decay. God desires all who believe in Him to feel the necessity of improvement. Every entrusted faculty is to be enlarged. Not one gift is to be laid aside. As God's husbandry and building, man is under His supervision in every sense of the word, and the better he becomes acquainted with his Maker, the more sacred will his life become in his estimation. (SD 313)

BECOME PERSONS OF CLASS

Be not deceived: evil communications corrupt good manners.

1 Corinthians 15:33

The religion of Christ never degrades the receiver, never makes him coarse or rough or uncourteous.

There is much to do in order to fit us for the courts of the Lord. The roughness of spirit, the coarseness of speech, the cheapness of character, must be put away, or we can never wear the garment woven in the heavenly loom–the righteousness of Christ. . . .

Those who, under the education of Christ, make it possible to reach the highest attainments will take every divine improvement with them to the higher school. But those who are unwilling to have their characters molded after the divine similitude make the angels sad; for by clinging to their sinful habits and practices they spoil the design of God.

Be polite to God and to one another. Remember that He wants you to have the best of manners, that you may glorify Him before the world. He desires you to live in unity with one another and to love one another. Remember that if you love one another here, you will live with the redeemed through the ceaseless ages of eternity.

Selfishness and pride hinder the pure love that unites us in spirit with Jesus Christ. If this love is truly cultivated, finite will blend with finite, and all will center in the Infinite. Humanity will unite with humanity, and all will be bound up with the heart of Infinite love. Sanctified love for one another is sacred. In this great work Christian love for one another, far higher, more constant, more courteous, more unselfish, than has been seen, preserves Christian tenderness, Christian benevolence, and politeness, and enfolds the human brotherhood in the embrace of God, acknowledging the dignity with which God has invested the rights of man. This dignity Christians must ever cultivate for the honor and glory of God.

As sons and daughters of God, we should have a conscious dignity of character, in which pride and self-importance have no part. (SD 315)

MAINTAIN DIGNITY

I will behave myself wisely in a perfect way. . . . I will walk within my house with a perfect heart.

Psalm 101:2

None are to be forward or obtrusive, but we are quietly to live out our religion, with an eye single to the glory of God. . . . Then we shall shine as lights in the world, without noise or friction. None need fail; for One is with them who is wise in counsel, excellent in working, and mighty to accomplish His designs. He works through His agents, seen and unseen, human and divine. This work is a grand work, and will be carried forward to the glory of God, if all who are connected with it will make their works correspond to their profession of faith. Purity of thought must be cherished as indispensable to the work of influencing others. The soul must be surrounded by a pure, holy atmosphere, an atmosphere that will tend to quicken the spiritual life of all who inhale it.

Jesus is honored or dishonored by the words and deportment of His professed followers. The heart must be kept pure and holy, for out of it are the issues of life. If the heart is purified through obedience to the truth, there will be no selfish preferences, no corrupt motives. There will be no partiality, no hypocrisy. . . .

In the present state of society, with the lax morals of not only youth but those of age and experience, there is great danger of becoming careless, and giving especial attention to favorites, and thus creating envy, jealousy, and evil-surmising. But few realize that they drive away the Spirit of God with their selfish thoughts and feelings, their foolish, trifling talk. . . . If the grace of Christ were planted in their hearts, and striking its roots down deep into good soil, they would bear fruit of an altogether different character. . . . The converting power of God is alone sufficient to establish pure principles in the heart, so that the wicked one may find nothing to assail. . . . Purity in speech, and true Christian courtesy should be constantly practiced. (SD 316)

FACILITATE MATURITY

Withhold not thou thy tender mercies from me, O Lord: let thy lovingkindness and thy truth continually preserve me.
Psalm 40:11

The religion of Christ will uplift the life to an elevated standard. The inward work of the Spirit of God humbles human pride, by causing us to understand something of the tender mercies and lovingkindness of God. . . . When you discover your own inefficiency, and look to the source of your strength, with yearning entreaty, saying, "Withhold not thou thy tender mercies from me, O Lord: let thy lovingkindness and thy truth continually preserve me," you will obtain light. . . .

You cannot have faith that the Lord will keep you by His lovingkindness, and by His truth continually preserve you, when you do not place yourselves in the channel of light. Then shun bad companions, and choose the good. The seed of truth sown in the heart must receive the bright beams of the Sun of Righteousness in order to grow. The seeds of truth which do not spring up and grow, soon lose their power to germinate, and they perish. But weeds of evil habits will spring up and flourish. The precious plants of love, joy, patience, courtesy, meekness, and humility, need to be carefully cultivated if they grow and improve.

Do not be content with a superficial piety, but, young friends, grow in grace and the knowledge of Jesus Christ. Are you making advancement? Is the plant of grace waxing into a tree, or withering away? Present yourselves humbly and often at the throne of grace, and tell Jesus your every want, and do not think anything is too small for Him to notice. The Lord loves to have you seek Him, and tell Him your trials, as a child would talk with his parent. When you pray, believe Jesus hears you, and will do the things you ask of Him. Show that you have perfect trust in Jesus, and ever seek to do those things that you know will please Him, and you will have peace in Christ. (SD 317)

DEVELOP INWARDLY AND OUTWARDLY

One thing have I desired of the Lord, that will I seek after; that I may dwell in the house of the Lord all the days of my life, to behold the beauty of the Lord, and to enquire in his temple.

Psalm 27:4

Exalted powers are within the reach of every one. Under God's supervision, a man may have an uncorrupted, sanctified, elevated, ennobled mind. Through the grace of Christ, man's mind is qualified to love and glorify God, the Creator.

The Lord Jesus came to our world to represent the Father. . . . Christ was the express image of His Father's person; and He came to our world to restore in man God's moral image, in order that man although fallen, might through obedience to God's commandments become enstamped with the divine image and character.

God wants children to be lovely, not with artificial adornment, but with beauty of character, the charms of kindness and affection, which will make their hearts bound with joy and happiness.

Girls should be taught that the true charm of womanliness is not alone in beauty of form or feature, nor in the possession of accomplishments; but in a meek and quiet spirit, in patience, generosity, kindness, and a willingness to do and suffer for others. They should be taught to work, to study to some purpose, to live for some object, to trust in God and fear Him, and to respect their parents. Then as they advance in years, they will grow more pure-minded, self-reliant, and beloved. It will be impossible to degrade such a woman. She will escape the temptations and trials that have been the ruin of so many.

Christ was sent as our pattern and shall we not show that we have all His love and kindness and . . . charms? And the love of Jesus Christ will take possession of our characters and our lives, and our conversation will be holy and we will dwell on heavenly things. (SD 318)

CULTIVATE REFINEMENT

In whom all the building fitly framed together groweth unto an holy temple in the Lord.

Ephesians 2:21

Through the grace of Christ you will make decided endeavors to overcome all cold, rough, harsh, uncourteous ways and manners. . . .

The mighty cleaver of truth has taken you out of the quarry of the world. You were rough stones with jagged edges, bruising and marring whoever you came in contact with; there is a work to be done to smooth off the rough edges. If you appreciated the value of the work that is to be done in the workshop of God, you would welcome the blows of the ax and the hammer. Your self-esteem will be hurt, your high opinion of yourself will be cut away by the ax and the hammer, and the roughness of your character will be smoothed off; and when self and carnal propensities are worked away, then the stone will assume proper proportions for the heavenly building, and then the polishing, refining, subduing, burnishing processes will begin, and you will be molded after the model of Christ's character. His own image is to be reflected in the polished character of His human agent, and the stone is to be fitted for the heavenly building. . . .

If we are not better men and women, if we are not more kindhearted, more pitiful, more courteous, more full of tenderness and love; if we do not manifest to others the love that led Jesus to the world on His mission of mercy, we are not witnesses to the world of the power of Jesus Christ. Jesus lived not to please Himself. . . . He came to elevate, to ennoble, to make happy all with whom He came in contact. . . . He never did a rude action, never spoke a discourteous word.

It is the privilege of every youth to make of his character a beautiful structure. . . . Seek the Lord most earnestly, that you may become more and more refined, more spiritually cultured. (SD 319)

BECOME SURVIVORS

But the Lord was with Joseph, and shewed him mercy, and gave him favour in the sight of the keeper of the prison.
Genesis 39:21

Joseph regarded his being sold into Egypt as the greatest calamity that could have befallen him; but he saw the necessity of trusting in God as he had never done when protected by his father's love. Joseph brought God with him into Egypt, and the fact was made apparent by his cheerful demeanor amid his sorrow. As the ark of God brought rest and prosperity to Israel, so did this God-loving, God-fearing youth bring a blessing to Egypt. This was manifested in so marked a manner that Potiphar, in whose house he served, attributed all his blessings to his purchased slave.

Joseph's religion kept his temper sweet and his sympathy with humanity warm and strong, notwithstanding all his trials. There are those who if they feel they are not rightly used, become sour, ungenerous, crabbed and uncourteous in their words and deportment. They sink down discouraged, hateful and hating others. But Joseph was a Christian. No sooner does he enter upon prison life, than he brings all the brightness of his Christian principles into active exercise; he begins to make himself useful to others. He enters into the troubles of his fellow prisoners. He is cheerful, for he is a Christian gentleman. God was preparing him under this discipline for a situation of great responsibility, honor, and usefulness, and he was willing to learn; he took kindly to the lessons the Lord would teach him. He learned to bear the yoke in his youth. He learned to govern by first learning obedience himself. . . .

The part which Joseph acted in connection with the scenes of the gloomy prison, was that which raised him finally to prosperity and honor. God designed that he should obtain an experience by temptations, adversity, and hardships, to prepare him to fill an exalted position. Joseph carried his religion everywhere, and this was the secret of his unwavering fidelity. (SD 320)

BECOME MAGNANIMOUS

Is not the whole land before thee? separate thyself, I pray thee, from me: if thou wilt take the left hand, then I will go to the right; or if thou depart to the right hand, then I will go to the left.

Genesis 13:9

Abraham's household comprised more than a thousand souls. Those who were led by his teachings to worship the true God found a home in his encampment; and here, as in a school, they received such instruction as would prepare them to be representatives of the faith. Abraham's affection for his children and his household led him to guard their religious faith, to impart to them a knowledge of the divine statutes, as the most precious legacy he could transmit to them, and through them to the world. All were taught that they were under the rule of the God of heaven. There was to be no oppression on the part of parents, and no disobedience on the part of children. God's law had appointed to each his duties, and only in obedience could any secure happiness and prosperity.

His own example, the silent influence of his daily life, was a constant lesson. The unswerving integrity, the benevolence and unselfish courtesy which had won the admiration of kings, were displayed in the home. There was a fragrance about the life, a nobility and loveliness of character, which revealed to all that he was connected with heaven. He did not neglect the soul of the humblest servant. In his household there was not one law for the master, and one for the servant; a royal way for the rich, and another for the poor. All were treated with justice and compassion.

He was a man of faith, who always followed principles of the strictest integrity. In all his business transactions he was courteous and honorable. His life was controlled by Christian politeness, and he placed the service of the Lord before all else. He would not swerve a hair's breadth from pure, Christian principles.

It is in the power of every one to practice true Christlike courtesy. (SD 321)

TEST THE SPIRITUAL/INTELLECTUAL

As for these four children, God gave them knowledge and skill in all learning and wisdom: and Daniel had understanding in all visions and dreams.

Daniel 1:17

The ignorance of many is voluntary and inexcusable.

Some young persons . . . do not improve their advantages. They would like to read and write accurately, but the price of excellence is hard work, and they will not pay it. They remind me of the youth whose father sent him to school, and gave him every advantage for gaining a good education; but he neglected to study, saying that his father was able to give him a liberal education, and he was not going to bother his brains about it. You will all say at once that he would remain ignorant, for there is no royal road to learning. But wishing for a healthy religious experience without making earnest, self-denying effort, will be equally useless.

Sighing over your ignorance of divine things will never make you wise unto salvation. There are ten thousand sluggish tears and sighs toward heaven that will never win one smile of approval from Jesus. Do not think that a Christian experience will come to you of itself. When you make up your mind to do something on which your heart is set, you do not give up for difficulties, but try again and again.

Daniel and his three companions . . . were well-balanced because they had yielded themselves to the control of the Holy Spirit. These youth gave to God all the glory of their secular, scientific, and religious endowments. Their learning did not come by chance; they obtained knowledge by the faithful use of their powers; and God gave them skill and understanding.

As in the case of Daniel, in exact proportion as the spiritual character is developed, the intellectual capabilities are increased. [The spiritual/intellectual formula.]

The Lord will cooperate with all who earnestly strive to be faithful in His service, as He cooperated with Daniel and his three companions. (SD 322)

BECOME SPIRITUAL GIANTS

As the hart panteth after the water brooks, so panteth my soul after thee, O God.

Psalm 42:1

Many of the youth . . . sink under every cloud, and have no power of endurance. They do not grow in grace. . . . Their carnal hearts must be changed. They must see beauty in holiness; then they will pant after it as the hart panteth after the water-brooks. . . .

If your steps are ordered by the Lord, dear youth, you must not expect that your path will always be one of outward peace and prosperity. The path that leads to eternal day is not the easiest to travel, and at times it will seem dark and thorny. But you have the assurance that God's everlasting arms encircle you, to protect you from evil. He wants you to exercise earnest faith in Him, and learn to trust Him in the shadow as well as in the sunshine. . . .

In her endeavors to reach her home, the eagle is often beaten down by the tempest to the narrow defiles of the mountains. The clouds, in black, angry masses sweep between her and the sunny heights where she secures her nest. For a while she seems bewildered, and dashes this way and that, beating her strong wings as if to sweep back the dense clouds. . . . At last she dashes upward into the blackness, and gives a shrill scream of triumph as she emerges, a moment later, in the calm sunshine above. The darkness and tempest are all below her, and the light of heaven is shining about her. She reaches her loved home in the lofty crag, and is satisfied. It was through darkness that she reached the light. It cost her an effort to do this, but she is rewarded in gaining the object which she sought.

This is the only course we can pursue as followers of Christ. We must exercise that living faith which will penetrate the clouds that, like a thick wall, separate us from heaven's light. We have heights of faith to reach, where all is peace and joy in the Holy Spirit. (SD 323)

PURSUE HIGH DREAMS

That ye might walk worthy of the Lord unto all pleasing, being fruitful in every good work, and increasing in the knowledge of God; strengthened with all might, according to his glorious power, unto all patience and longsuffering with joyfulness.

Colossians 1:10, 11

God fixes no limit to the advancement of those who are "filled with the knowledge of his will in all wisdom and spiritual understanding." Through prayer, through watchfulness, through growth in understanding, we are "strengthened with all might, according to his glorious power, unto all patience and longsuffering with joyfulness." . . .

God's plan for us is so broad, so full, so complete, that we have every reason for cooperating wholeheartedly with Him in carrying it out. There is no reason for hesitancy on our part. . . . We need to draw fresh supplies daily from the great storehouse of God's Word. This will give no time for novel reading, or for anything else that does not edify and strengthen for every good work. . . . The riches of heaven are at the command of God's children.

Every day the tempter will be on your track with some delusive, plausible excuse for your self-serving, your self-pleasing. . . . The one whose heart is wholly given to God, the one who by faith receives Jesus Christ as a personal Saviour, will reveal a steady growth in spirituality, in vigor of piety, in fixedness of purpose, in fidelity at any cost to the principles of our faith. . . .

God will honor and uphold every true-hearted, earnest soul who is seeking to walk before Him in the perfection of the grace of Christ. The Lord Jesus will never leave nor forsake one humble, trembling soul. . . . Can we with keen, sanctified perception appreciate the strength of the promises of God, and appropriate them to our individual selves, not because we are worthy, but because Christ is worthy? Not because we are righteous, but by living faith we claim the righteousness of Christ in our behalf? (SD 325)

GAIN EFFICIENCY

Sow to yourselves in righteousness, reap in mercy; break up your fallow ground: for it is time to seek the Lord, till he come and rain righteousness upon you.

Hosea 10:12

The principles of the truth must be interwoven with our character and life. We should cherish every ray of light that falls upon our pathway, and live up to the requirements of God. We should grow in spirituality. We are losing a great deal of the blessing . . . because we do not take advance steps in the Christian life. . . .

The members of the church of Christ should gather up the divine rays of light from Jesus, and reflect them to others, leaving a bright track heavenward in the world. They are to be as the wise virgins, having their lamps trimmed and burning, representing the character of Christ to the world. We are not to be satisfied with anything short of this. We are not to be satisfied with our own righteousness, and content without the deep movings of the Spirit of God.

Christ says, "Without me ye can do nothing." It is this marked nothingness, so apparent in the labors of many . . . that alarms us; for we know that this is an evidence that they have not felt the converting power of Christ upon their hearts. You may look from the topmost bough to the lowest branch of their work, and you will find nothing but leaves. God desires us to come up to a higher standard. It is not His will that we should have such a dearth of spirituality. . . .

I remember visiting in Iowa when the country was new, and I saw the farmers breaking the new ground. I noticed that they had heavy teams, and made tremendous efforts to make deep furrows, but the laborers gained strength and muscle by the exercise of their physical powers. It will make our young men strong to go into new fields, and break up the fallow ground of men's hearts. This work will drive them nearer to God. . . . They will gain efficiency and ability by mastering difficulties and overcoming obstacles. (SD 326)

MULTIPLY BY ADDING

Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust.

2 Peter 1:4

It is the duty of every child of God to store his mind with divine truth; and the more he does this, the more strength and clearness of mind he will have to fathom the deep things of God. And he will be more and more earnest and vigorous, as the principles of truth are carried out in his daily life.

That which will bless humanity is spiritual life. He who is in harmony with God, will constantly depend upon Him for strength. "Be ye therefore perfect, even as your Father which is in heaven is perfect." It should be our life work to be constantly reaching forward to the perfection of Christian character, ever striving for conformity to the will of God. The efforts begun here will continue through eternity. The advancement made here will be ours when we enter upon the future life.

Those who are partakers of Christ's meekness, purity, and love, will be joyful in God, and will shed light and gladness upon all around them. The thought that Christ died to obtain for us the gift of everlasting life, is enough to call forth from our hearts the most sincere and fervent gratitude, and from our lips the most enthusiastic praise. God's promises are rich, and full, and free.

Whoever will, in the strength of Christ, comply with the conditions, may claim these promises, with all their wealth of blessing, as his own. And being thus abundantly supplied from the treasure-house of God, he may, in the journey of life, "walk worthy of the Lord unto all pleasing;" by a godly example blessing his fellowmen, and honoring his Creator. While our Saviour would guard His followers from self-confidence by the reminder, "Without me, ye can do nothing," He has coupled with it for our encouragement the gracious assurance, "He that abideth in me . . . bringeth forth much fruit." (SD 327)

OBTAIN MASTERY

Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.

Ephesians 6:13

Let us, under all circumstances, preserve our confidence in Christ. He is to be everything to us–the first, the last, the best in everything. Then let us educate our tongues to speak forth His praise, not only when we feel gladness and joy, but at all times.

Let us keep the heart full of God's precious promises, that we may speak words that will be a comfort and strength to others. Thus we may learn the language of the heavenly angels, who, if we are faithful, will be our companions through the eternal ages. Every day we should make advancement in gaining perfection of character, and this we shall certainly do if we press toward the mark of the prize of our high calling in Christ Jesus. Let us not talk of the great power of Satan, but of the great power of God. . . .

In every soul two powers are struggling earnestly for the victory. Unbelief marshals its forces, led by Satan, to cut us off from the Source of our strength. Faith marshals its forces, led by Christ, the author and finisher of our faith. Hour by hour, in the sight of the heavenly universe, the conflict goes forward. This is a hand-to-hand fight, and the great question is, Which shall obtain the mastery? This question each must decide for himself. In this warfare all must take a part, fighting on one side or the other. From the conflict there is no release. . . .

We are urged to prepare for this conflict. "Be strong in the Lord, and in the power of his might. Put on the whole armour of God, that ye may be able to stand against the wiles of the devil." The warning is repeated, "Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand."

He . . . to whom all power in heaven and earth has been given will come to the help of those who trust in Him. (SD 328)

BECOME GOOD LEARNERS

Work out your own salvation with fear and trembling. For it is God which worketh in you both to will and to do of his good pleasure.

Philippians 2:12, 13

Our relation to God is the same as that of little children to their parents. The God of heaven is watching His people, His church, just as loving parents watch their children. And we are as foolish as little children are; for how prone we are to think that we know everything, when really we have not begun to know what God is waiting to teach us when we show willingness to follow in His footsteps.

Will we come down from our position of self-righteousness, and as little children take hold of God's work? Will we be willing to be taught and led of Him? With tottering steps we are just beginning to walk. In time we shall learn to take firmer steps, but now we are liable at any moment to stumble and fall. From the highest to the lowest, we each have spiritual weaknesses and troubles similar to the weaknesses and troubles of helpless children. And as these inexperienced children can not place their dependence on one another, but must depend on their parents, so we must learn not to hang our helpless souls on any human being, but cling to the One mighty to save. . . .

God calls upon us to make our movements in His fear and to walk tremblingly before Him. "Work out your own salvation," He says, "with fear and trembling. . . ."

So long as we work in Christ's lines, laying hold of the arm of the Mighty One, we are safe; but just as soon as we loosen our grasp of His arm, and begin to depend upon human beings, we are in great danger. This very day the Lord desires us to reach a higher standard than we have ever reached in the past. Day by day we are to advance upward, ever upward, until it can be said of us as a people, "Ye are complete in him." (SD 329)

GROW UP

When I was a child, I spake as a child, I understood as a child, I thought as a child: but when I became a man, I put away childish things.

1 Corinthians 13:11

We are not always to remain children in our knowledge and experience in spiritual things. We are not always to express ourselves in the language of one who has just received Christ; but our prayers and exhortations are to grow in intelligence as we advance in experience in the truth. The language of a child of six in a child of ten years of age would not be pleasing to us, and how painful would it be to hear expressions of childish intelligence in one who had arrived at years of maturity. When a person becomes of age, we expect from him a corresponding intelligence, according to his years and opportunities. . . . But if we expect this manifestation of growing intelligence in the child, as he advances in years, should we not also expect to see the Christian grow in grace and experience?

God has given us many advantages and opportunities, and when the last great day shall be ushered in, and we shall see what we might have attained, had we taken advantage of the helps that Heaven vouchsafed to us; when we see how we might have grown in grace, and look upon these things as God looks upon them, seeing what we have lost by failing to grow up into the full stature of men and women in Christ, we shall wish that we had been more in earnest.

God does not desire you to remain novices. He needs in His work everything that you can gain here in the lines of mental culture and clear discernment. He desires to have you reach the very highest round of the ladder, and then step off it into the kingdom of God.

The Lord desires you to understand the position you occupy as sons and daughters of the Most High, children of the heavenly King. (SD 330)

BUILD AND NOT CRITICIZE

That we henceforth be no more children, tossed to and fro, and carried about with every wind of doctrine, . . . but speaking the truth in love, may grow up into him in all things, which is the head, even Christ.

Ephesians 4:14, 15

You cannot weaken your own influence and standing more than in trying to weaken each other. Constantly let your confidence in your brethren increase, for when you think evil, you speak evil. Thus you hurt yourself and make yourself weak when you ought to be strong in God.

It is not our privilege to measure the actions of others or to criticize their failings. God has not made us the bearers of others' sins. It is with our own selves we have to do. The more thorough the work of repentance and reform in our own lives, the less we shall see to criticize in others.

We do wrong when we measure ourselves by the defects we see in others. God does not do so. He understands the circumstances of every life, and He measures the human being by the advantages that each one has had for perfecting a Christian character. He takes into consideration the opportunities the human agent has had for obtaining a knowledge of God and His truth. He who has a true estimation of the law of God will not compare his character with the character of others. He will judge his life by the holy law of God. . . .

In His instruction to His disciples the Saviour shows how complete must be the work of eradication of evil. "If thy right eye offend thee," He declares, "pluck it out, and cast it from thee." . . . We are to make continual advancement in the perfecting of Christian character, that we may be no more "children, tossed to and fro, and carried about with every wind of doctrine, . . . but speaking the truth in love, may grow up unto him in all things, which is the head, even Christ."

The growing is a continuous work. (SD 331)

DEFEAT DOUBT

We are bound to thank God always for you, brethren, as it is meet, because that your faith groweth exceedingly.
2 Thessalonians 1:3

It is positively necessary for those who believe the truth, to be making continual advancement, growing up into the full stature of men and women in Christ Jesus. There is no time for backsliding and indifference. Each one must have a living experience in the things of God. Have root in yourselves. Become grounded in the faith, so that having done all you may stand, with unwavering confidence in God, through the time that will try every man's work and character. Exercise your powers in spiritual things, till you can appreciate the deep things of God's Word, and go on from strength to strength.

There are thousands who claim to have the light of truth who take no steps in advance. They have no living experience, notwithstanding they have had every advantage. . . . The Word of God offers spiritual liberty and enlightenment to those who seek for it earnestly. Those who accept the promises of God, and act on them with living faith, will have the light of heaven in their lives. They will drink of the fountain of life, and lead others to the waters that have refreshed their own souls. . . .

The fruits of doubt are not desirable. Oh! look around you and see what havoc has been wrought by the . . . evil one. Error and falsehood and heresy have held high carnival in the deceived hearts of men. From century to century the adversary has repeated his experiments with growing success; for, in spite of the sad records of lives that have gone out in darkness, as moths fly to the fire, so men rush on into the ruinous deceptions that he has prepared to entrap them. . . . "Heaven and earth shall pass away," but "the word of the Lord endureth forever;" and unwavering faith in His Word is the only faith that will endure through the perils of the last days. (SD 332)

EXCEL

Even so ye, forasmuch as ye are zealous of spiritual gifts, seek that ye may excel to the edifying of the church.
1 Corinthians 14:12

Let the youth be taught from childhood that there is no excellence without great labor. Aspirations for eminence will not avail. Young friends, the mountain-top cannot be reached by standing still, and wishing yourselves there. You can gain your object only by taking one step at a time, advancing slowly perhaps, but holding every step gained. It is the energetic, persevering worker that will scale the Alps.

Every youth should make the most of his talents, improving to the utmost present opportunities. He who will do this, may reach almost any height in moral and intellectual attainments. But he must possess a brave and resolute spirit. He will need to close his ears to the voice of pleasure; he must often refuse the solicitations of young companions. He must stand on guard continually, lest he be diverted from his purpose. . . .

Leave a field uncultivated, and it will grow up to thorns and briers. You will never see a lovely flower or a choice shrub peering above the unsightly, poisonous weeds. The worthless bramble will grow luxuriantly without thought or care, while plants that are valued for use or beauty require thorough culture. Thus it is with our youth. If right habits are formed, and right principles established, there is earnest work to be done. If wrong habits are corrected, diligence and perseverance are required to accomplish the task. It is far easier to yield to evil influences than to resist them.

Unless they feel the importance of making the improvement that is essential in their characters in order to be better men every day, and thus be enabled to carry the responsibilities that rest upon them, they will be found on the losing side.

Grow in grace, in self-reliance, in self-control. Let every day find you more nearly prepared to unite with the royal family in the heavenly courts. (SD 333)

USE PRAYER, THE LIFE KEY

Then shall we know, if we follow on to know the Lord: his going forth is prepared as the morning.

Hosea 6:3

The end of all things is at hand. What we have done must not be allowed to place the period to our work. The Captain of our salvation says, "Advance. The night cometh, in which no man can work." Constantly we are to increase in usefulness. Our lives are always to be under the power of Christ. . . .

Prayer is a heaven-ordained means of success. Appeals, petitions, entreaties, between man and man, move men, and act as a part in controlling the affairs of nations. But prayer moves heaven. That power alone that comes in answer to prayer will make men wise in the wisdom of heaven, and enable them to work in the unity of the Spirit, joined together by the bonds of peace. Prayer, faith, confidence in God, bring a divine power that sets human calculations at their real worth–nothingness.

In all ages God has given human beings divine revelations, that thus He may fulfill His purpose of unfolding gradually to the mind the doctrines of grace. His manner of imparting the truth is illustrated by the words, "His going forth is prepared as the morning." He who places himself where God can enlighten him, advances, as it were, from the partial obscurity of dawn to the full radiance of noonday. . . . As the sun goes forth upon its errand of mercy and love, as the golden beams of the day flood the canopy of heaven, and beautify forest and mountain, awakening the world by dispelling the darkness of night, so the followers of Christ should go forth upon their mission of love.

It is the duty of every youth to place himself decidedly and without reserve on the side of Christ in order that he may . . . grow up to the full stature of a man in Christ Jesus. He will then be written as a man in the book of God, and will be a man not only in the estimation of men, but in the sight of God. (SD 335)

REJECT SATAN, ACCEPT JESUS

Looking unto Jesus the author and finisher of our faith.
Hebrews 12:2

Many of the youth repine because they have not ability to do some large work, and they covet talents by which they might do some wonderful things; but while they are spending their time in vain desires, they are making a failure of life. They are overlooking opportunities which they might improve in doing deeds of love in the path of life in which their feet are set. . . .

O that you would now consider the things that make for your peace, and devote your affections, your thoughts, your time, your service, to Christ. Satan is concentrating all his energies to bend your will to his, to make you his agent in opposing the plans of Christ, that you may refuse to have Jesus reign over you. Although you know that "God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life,"

Satan . . . will seek to draw you away from Christ, that you may become his agent in drawing others away, and thus frustrate the plans of God. He is the father of lies, and he weaves a net of falsehood in which he binds you with cords of lies to his service. The more intelligent you are, the more attractive, the harder he will work that he may persuade you to lay your talents at his feet, and aid him to accomplish his ends in allurring others under his black banner. If he can only keep the mind infatuated, he will do it. Paul inquires, "Who hath bewitched you, that ye should not obey the truth?" Satan is the bewitcher, and he has wrought, that Christ may be expelled from the soul, and that he himself may be there enthroned.

I beg of you, sons and daughters, to break from the infatuation of the evil one. Flee to Jesus as your refuge, and lay hold upon eternal life.

Each day be determined that you will keep nigh to God, looking unto Jesus, the author and finisher of your faith. (SD 336)

PLAN FOR ETERNITY

Now we see through a glass, darkly; but then face to face: now I know in part; but then I shall know even as also I am known.

1 Corinthians 13:12

Our life-work here is a preparation for the life eternal. The education begun here will not be completed in this life; it will be going forward through all eternity–ever progressing, never completed. More and more fully will be revealed the wisdom and love of God in the plan of redemption.

The Saviour, as He leads His children to the fountains of living waters, will impart rich stores of knowledge. And day by day the wonderful works of God, the evidences of His power in creating and sustaining the universe, will open before the mind in new beauty. In the light that shines from the throne, mysteries will disappear, and the soul will be filled with astonishment at the simplicity of the things that were never before comprehended. Now we see through a glass, darkly; but then face to face; now we know in part; but then we shall know even as also we are known.

Think what it will mean to study through the eternal ages under the personal instruction of Christ! Amidst the present conflicts and temptations, in this our day of probation, we are to form characters that will prepare us to obtain a life that measures with the life of God.

We are to have an eye single to the glory of God, and thus grow in grace and in the knowledge of our Lord and Saviour Jesus Christ. The more earnestly and diligently we seek for divine wisdom, the more firmly established we shall be in the truth.

By beholding Christ, by talking of Him, by beholding the loveliness of His character we become changed. Changed from glory to glory. And what is glory? Character–and he becomes changed from character to character. Thus we see that there is a work of purification that goes on by beholding Jesus. (SD 337)

BELIEVE PROMISES

Come unto me, all ye that labour and are heavy laden, and I will give you rest.

Matthew 11:28

It is today that the sweet voice of mercy is falling upon your ears. It is today that the heavenly invitation comes to you. It is today that in Heaven everything says, Come.

Come, for all things are now ready. Whosoever will, let him come and partake of the waters of life freely. It is now that we want childlike simplicity. We want to see everything like pride, and vanity, and folly, put away. We have the Judgment in view. Men and women will want strength that is greater than any human aid to lean upon. They must lean upon the mighty arm of Jehovah. We have in view that day when the works of men are to be tried, and tested; and we want you to get ready.

We make appeals to you to rid yourselves of the pride of the world, the pride and vanity, and folly, of life. Jesus loves you. Jesus pities you. The angelic host He sends to minister unto you. And now, while all Heaven is interested for you, will you be interested for yourselves?

Some men seem afraid to take God at His work as though it would be presumption in them. They pray for the Lord to teach us and yet are afraid to credit the pledged word of God and believe we have been taught of Him. So long as we come to our heavenly Father humbly and with a spirit to be taught, willing and anxious to learn, why should we doubt God's fulfillment of His own promise? . . . When you have sought to know His fulfillment of His own promise? . . . When you have sought to know His will, your part in the operation with God is to believe that you will be led and guided and blessed in the doing of His will. . . . It is Christ who is guiding His people today, showing them where and how to work. (SD 67)

LEARN TO CHANGE

Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.
Matthew 11:29

Only by the aid of the divine Teacher can we understand the truths of God's Word. In His school we shall learn how to be meek and lowly. He shows us how to understand the mysteries of godliness.

Let those who desire an education of the highest kind, learn . . . that God is nigh unto all who seek Him with the whole heart.

The more one sees of the character of God, the more humble he becomes, and the lower his estimation is of himself. This indeed is the evidence that he beholds God, that he is in union with Jesus Christ. Unless we are meek and lowly, we cannot in truth claim that we have any conception of the character of God. Men may think that they possess superior qualifications. Their splendid talents, great learning, eloquence, activity, and zeal, may dazzle the eye, delight the fancy, and awaken the admiration of those who cannot read beneath the surface; but unless humility and modesty is linked with these other gifts, self-glorification and self-exaltation will be seen.

Unless each qualification is consecrated to the Lord, unless those to whom the Lord has entrusted gifts seek that grace which alone can make their qualifications acceptable to God, they are looked upon by the Lord . . . as unprofitable servants. "The sacrifices of God are a broken spirit; a broken and a contrite heart, O God thou wilt not despise." . . . Those whose hearts are melted and subdued, who have seen the glorious manifestation of God's character, will show no heedless presumption. . . . Self will be lost in the consciousness they have of God's wonderful glory, and their own utter unworthiness. All who value a happy and holy walk with God . . . will leave nothing undone if only they may gain a glimpse of His glory. In every place and under every circumstance, they will pray to God that they may be allowed to see Him. They will cherish that meek and contrite spirit that trembles at the word of God. (SD 68)

ACCEPT THE YOKE

For my yoke is easy, and my burden is light.

Matthew 11:30

We are to bear the yoke of Christ that we may be placed in complete union with Him. "Take my yoke upon you," He says. . . . Wearing the yoke unites finite man in companionship with the dearly beloved Son of God. Lifting the cross cuts away self from the soul, and places man where he learns how to bear Christ's burdens. We cannot follow Christ without wearing His yoke, without lifting the cross and bearing it after Him. If our will is not in accord with the divine requirements, we are to deny our inclinations, give up our darling desires, and step in Christ's footsteps. . . .

Men frame for their own necks yokes that seem light and pleasant to wear, but they prove galling in the extreme. Christ sees this, and He says, Take My yoke upon you. The yoke you would place upon your own neck, thinking it a precise fit, will not fit at all. Take My yoke upon you, and learn of Me the lessons essential for you to learn; for I am meek and lowly in heart, and ye shall find rest unto your souls. My yoke is easy, and My burden is light.

The Lord never makes a false estimate concerning His heritage. He measures the men with whom He is working. When they submit to His yoke, when they give up the struggle that has been unprofitable for themselves and for the cause of God, they will find peace and rest. When they become sensible of their own weakness, their own deficiencies, they will delight to do God's will. They will submit to the yoke of Christ. Then God can work in them to will and to do of His good pleasure, which is often entirely contrary to the plans of the human mind. When the heavenly anointing comes to us, we shall learn the lesson of meekness and lowliness, which always brings rest to the soul.

Although you will have trials, yet these trials, well borne, only make the way more precious. (SD 69)

TRAIN MENTALLY

And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.

John 6:35

The mind is the best possession we have; but it must be trained by study, by reflection, by learning in the school of Christ, the best and truest educator the world has ever known.

"I am the Bread of life," the Author, Nourisher, and Supporter of eternal, spiritual life. . . . To eat His flesh and to drink His blood means to receive Him as a heaven-sent teacher. Belief in Him is essential to spiritual life. Those who feast on the Word never hunger, never thirst, never desire any higher or more exalted good.

The truest, the most exalted, knowledge is found in the Word of God. In its simplicity there is eloquence. There are those who will grasp the words of the supposed great men of the world, and love to dwell upon their phraseology as something they need to esteem and value. You will hear men exalting human beings, extolling those who are called great by this world. In doing this, they lose sight of Christ in the Word. He is not to them all and in all–the first, the last, the best, in everything. These need to sit at the feet of Jesus, and learn of Him whom to know aright is life eternal.

The Bible is our guide in the safe paths that lead to eternal life. God has inspired men to write that which will present the truth to us, which will attract, and which, if practised, will enable the receiver to obtain moral power to rank among the most highly educated minds. The minds of all who make the Word of God their study will enlarge. Far more than any other study, this is of a nature to increase the powers of comprehension, and endow every faculty with new vigor. . . . It brings us into close connection with all heaven, imparting wisdom, and knowledge, and understanding. . . . The gospel is adapted for spiritual food, to satisfy man's spiritual appetite. In every case it is just what man needs. (SD 70)

PRAY POWERFULLY

For in Jesus Christ neither circumcision availeth any thing, nor uncircumcision; but faith which worketh by love.
Galatians 5:6

When you present your petitions to the Lord, it should be in humility, without boasting of superior attainments, but with real soul hunger for the blessing of God. Christ always knows what is cherished in the heart. We must come in faith that the Lord will hear and answer our prayers; for "whatsoever is not of faith is sin." Genuine faith is the faith that works by love, and purifies the soul. A living faith will be a working faith.

Should we go into the garden and find that there was no sap in the plants, no freshness in the leaves, no bursting buds or blooming flowers, no signs of life in stalk or branches, we would say, "The plants are dead. Uproot them from the garden; for they are a deformity to the beds." So it is with those who profess Christianity, and have no spirituality. If there are no signs of religious vigor, if there is no doing of the commandments of the Lord, it is evident that there is no abiding in Christ, the living vine.

Faith and love are the essential, powerful, working elements of Christian character. Those who possess them are one with Christ, and are carrying forward His mission. . . . We are to sit at Christ's feet as continual learners, and to work with His gifts of faith and love. We shall then wear Christ's yoke, and lift His burdens, and Christ will recognize us as one with Him; in heaven it will be said, "Ye are labourers together with God." Will our youth remember that without faith it is impossible to please God? and it must be faith that works by love and purifies the soul.

We cannot overestimate the value of simple faith and unquestioning obedience. It is by following in the path of obedience in simple faith that the character obtains perfection. (SD 71)

PRACTICE HEAVEN-SPEAK

My doctrine shall drop as the rain, my speech shall distil as the dew, as the small rain upon the tender herb, and as the showers upon the grass.

Deuteronomy 32:2

We are to be witnesses for Christ; and this we shall be when we grow up daily into the full stature of men and women in Christ. It is our privilege to grow more and more like Him every day. Then we shall acquire the power to express our love for Him in higher, purer speech, and our ideas will enlarge and deepen, and our judgment become more sound and trustworthy, while our testimony will have more of life and assurance.

We are not to cultivate the language of the earthy, and be so familiar with the conversation of men, that the language of Canaan will be new and unfamiliar to us. We are to learn in the school of Christ; yet it is manifest that many are satisfied with very limited experience in spiritual things, for they reveal but little knowledge of spiritual things in their prayers and testimonies. There is less good judgment manifested in matters concerning our eternal interests, than in matters concerning our earthly, temporal affairs.

Christians are to be faithful students in the school of Christ, ever learning more of heaven, more of the words and will of God; more of the truth and how to use faithfully the knowledge that they have gained.

The chief requisite of language is that it be pure and kind and true–"the outward expression of an inward grace." . . . The best school for this language study is the home.

Kind words are as dew and gentle showers to the soul. The Scripture says of Christ that grace was poured into His lips, that He might "know how to speak a word in season to him that is weary." And the Lord bids us, "Let your speech be alway with grace," "that it may minister grace unto the hearers." When the heart is pure, rich treasure of wisdom will flow forth. (SD 72)

AVOID EGOCENTRISM

Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world, and not after Christ.

Colossians 2:8

Flattery is an art by which Satan lieth in wait to deceive and to puff up the human agent with high thoughts of himself. . . . Flattery has been the food upon which many of our youth have been nourished; and those who have praised and flattered have supposed that they were doing right; but they have been doing wrong. Praise, flattery, and indulgence have done more toward leading precious souls into false paths, than any other art that Satan has devised.

Flattery is a part of the world's policy, but it is no part of Christ's policy. Through flattery poor human beings, full of frailty and infirmities, come to think that they are efficient and worthy, and become puffed up in their fleshly mind. They become intoxicated with the idea that they possess ability beyond what they do have, and their religious experience becomes unbalanced. Unless in the providence of God they shall be turned from these deceptions, and become converted, and learn the a-b-c of religion in the school of Christ, they will lose their souls.

Many a youth has been flattered that he has ability as a natural gift; when the ability he thinks he has, can be attained only through diligent training and culture, learning the meekness and lowliness of Christ. . . . God permits him to be attacked by the enemy, in order that he may understand his own weakness. He is permitted to make some decided blunder, and is plunged into painful humiliation. But when he is writhing under a sense of his own weakness, he is not to be judged harshly. . . . This is the time when he needs a friend who . . . will deal patiently and faithfully with the erring. . . . He is not to be lifted up by the aid of flattery. . . . Rather he is to be pointed to the first rounds of the ladder, and his stumbling feet are to be placed on the lowest round of the ladder of progress. . . . Through the aid of wise counselors, his defeat will be turned into victory. (SD 73)

USE AFFLICTION STRATEGICALLY

For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory.
2 Corinthians 4:17

While the Lord has not promised His people exemption from trials, He has promised that which is far better. He has said, "As thy days, so shall thy strength be." . . . If you are called to go through the fiery furnace for His sake, Jesus will be by your side, even as He was with the faithful three in Babylon. Those who love their Redeemer will rejoice at every opportunity of sharing with Him humiliation and reproach. The love they bear their Lord, makes suffering for His sake sweet.

In all ages Satan has persecuted the people of God. He has tortured them and put them to death; but in dying they became conquerors. They revealed in their steadfast faith a mightier One than Satan. Satan could torture and kill the body, but he could not touch the life that was hid with Christ in God. He could incarcerate in prison walls, but he could not bind the spirit. They could look beyond the gloom to the glory, saying: "I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us." . . .

The church of God, hated and persecuted by the world, are educated and disciplined in the school of Christ. They walk in narrow paths on earth; they are purified in the furnace of affliction. They follow Christ through sore conflicts; they endure self-denial, and experience bitter disappointments; but their painful experience teaches them the guilt and woe of sin, and they look upon it with abhorrence. Being partakers of Christ's sufferings, they are destined to be partakers of His glory. In holy vision the prophet saw the triumph of the people of God. He says: "I saw as it were a sea of glass mingled with fire; and them that had gotten the victory . . . stand on the sea of glass, having the harps of God. And they sing the song of Moses the servant of God, and the song of the Lamb. (SD 74)

LEARN FROM NATURE

And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin.
Matthew 6:28

Natural science is God's storehouse from which every student in the school of Christ may draw. The ways of God in natural philosophy, and the mysteries connected with His dealings with man, are a treasury from which all may draw.

The flowers of the field, in their endless variety, are always ministering to the delight of the children of men. God Himself nourishes every root, that He may express His love to all who will be softened and subdued by the works of His hands. We need no artificial display. God's love is represented by the beautiful things of His creation.

Christ sought to draw the attention of His disciples away from the artificial to the natural: "If God so clothe the grass of the field, which today is, and tomorrow is cast into the oven, shall he not much more clothe you, O ye of little faith!" Why did not our heavenly Father carpet the earth with brown or gray? He chose the color that was most restful, the most acceptable to the senses. How it cheers the heart and refreshes the weary spirit to look upon the earth, clad in its garments of living green! Without this covering the air would be filled with dust, and the earth would appear like a desert. Every spire of grass, every opening bud and blooming flower is a token of God's love, and should teach us a lesson of faith and trust in Him.

Christ calls our attention to their natural loveliness, and assures us that the most gorgeous array of the greatest king that ever wielded an earthly scepter was not equal to that worn by the humblest flower. You who are sighing for the artificial splendor which wealth alone can purchase, for costly paintings, furniture, and dress, listen to the voice of the divine Teacher. He points you to the flower of the field, the simple design of which cannot be equaled by human skill. (SD 75)

AVOID THE IMMORTALITY LIE

The getting of treasures by a lying tongue is a vanity tossed to and fro of them that seek death.

Proverbs 21:6

The great original lie which he [Satan] told to Eve in Eden, "Ye shall not surely die," was the first sermon ever preached on the immortality of the soul. That sermon was crowned with success, and terrible results followed. He has brought minds to receive that sermon as truth, and ministers preach it, sing it, and pray it.

After the Fall, Satan bade his angels make a special effort to inculcate the belief in man's natural immortality; and having induced the people to receive this error, they were to lead them on to conclude that the sinner would live in eternal misery. Now the prince of darkness, working through his agents, represents God as a revengeful tyrant, declaring that He plunges into hell all those who do not please Him, and causes them ever to feel His wrath. . . .

A large class to whom the doctrine of eternal torment is revolting, are driven to the opposite error. They see that the Scriptures represent God as a being of love and compassion, and they cannot believe that He will consign His creatures to the fires of an eternally burning hell. But holding that the soul is naturally immortal, they see no alternative but to conclude that all mankind will finally be saved. Many regard the threatenings of the Bible as designed merely to frighten men into obedience, and not to be literally fulfilled. Thus the sinner can live in selfish pleasure, disregarding the requirements of God, and yet expect to be finally received into His favor. . . .

God has given to men a declaration of His character, and of His method of dealing with sin. . . . "All the wicked will he destroy." (Ps. 145:20) . . . Yet all the manifestations of retributive justice will be perfectly consistent with the character of God as a merciful, long-suffering, benevolent being.

And all who have a just conception of these qualities will love Him because they are drawn toward Him in admiration of His attributes. (FLB 178)

EXPERIENCE REST

There remaineth therefore a rest to the people of God.
Hebrews 4:9

If you are willing to learn meekness and lowliness of heart in Christ's school, He will surely give you rest and peace. It is a terribly hard struggle to give up your own will and your own way. But this lesson learned, you will find rest and peace. Pride, selfishness, and ambition, must be overcome; your will must be swallowed up in the will of Christ. The whole life may become one constant love sacrifice, every action a manifestation, and every word an utterance of love. As the life of the vine circulates through stem and cluster, descends into the lower fibers, and reaches to the topmost leaf, so will the grace and love of Christ burn and abound in the soul, sending its virtues to every part of the being, and pervading every exercise of body and mind.

In being coworkers with Christ in the great work for which He gave His life, we shall find true rest. When we were sinners, He gave His life for us. He wants us to come to Him and learn of Him. Thus we are to find rest. He says He will give us rest. "Learn of me; for I am meek and lowly in heart." In doing this you will find in your own experience the rest that Christ gives, the rest that comes from wearing His yoke and lifting His burdens.

A form of godliness without the power is a weariness and burden; but when the whole heart is enlisted in the service of Christ, there is rest to the soul; for God causeth such to triumph daily over the powers of darkness. God helps him who commits his soul unto the Lord as unto a faithful Creator.

To learn the lessons Christ teaches is the greatest treasure students can find. Rest comes to them in the consciousness that they are trying to please the Lord. (SD 76)

PRACTICE DEPENDENCE

For without me ye can do nothing.

John 15:5

The first lesson to be taught . . . is the lesson of dependence upon God. . . . As a flower of the field has its root in the soil; as it must receive air, dew, showers, and sunshine, so must we receive from God that which ministers to the life of the soul. The presence of God is guaranteed to the Christian. This Rock of faith is the living presence of God. The weakest may depend upon it. Those who think themselves the strongest may become the weakest unless they depend on Christ as their efficiency, their worthiness. This is the Rock upon which we may build successfully. God is near in Christ's atoning sacrifice, in His intercession, His loving, tender ruling power over the church. Seated by the eternal throne, He watches them with intense interest.

As long as the members of the church shall through faith draw sap and nourishment from Jesus Christ, and not from man's opinions and devisings, and methods; if having a conviction of the nearness of God in Christ, they put their entire trust in Him, they will have a vital connection with Christ as the branch has connection with the parent stock. The church is established not on theories of men, on long drawn-out plans and forms. It depends upon Christ their righteousness. It is built on faith in Christ, "and the gates of hell shall not prevail against it." . . .

The strength of every soul is in God and not in man. Quietness and confidence is to be the strength of all who give their hearts to God. Christ has not a casual interest in us but an interest stronger than a mother for her child. . . . Our Saviour has purchased us by human suffering and sorrow, by insult, reproach, abuse, mockery, rejection and death. He is watching over you, trembling child of God. He will make you secure under His protection. . . . Our weakness in human nature will not bar our access to the heavenly Father, for He [Christ] died to make intercession for us. (SD 77)

CENTER THEIR THOUGHTS

And be renewed in the spirit of your mind.

Ephesians 4:23

The youth of today may be educated for the fulfilment of high and holy purposes. . . . They are pupils in the school of Christ, learning from day to day lessons of the divine Master.

It is in youth that the affections are most ardent, the memory most retentive, and the heart most susceptible to divine impressions; and it is during youth that the mental and physical powers should be set to the task in order that great improvements may be made in view of the world that now is, and that which is to come.

The amount of valuable knowledge that can be acquired by young men and young women can hardly be estimated; but to reach a high standard, they must close the door to the debasing thoughts that Satan would thrust into the mind, and refuse to yield to his temptations. The youth may acquire that which gold cannot buy, by cherishing a pure, strong purpose in endeavoring to be all that God designed they should be. The mind should be trained to dwell upon right themes of thought. They should study the Scriptures, and bring into daily life the divine rules which God has laid down for their guidance.

He who has grown old in the service of God may find his mind a blank in regard to the things that are happening about him, and recent transactions may soon pass from his memory; but his mind is all awake to the scenes and transactions of his childhood. O that the youth may realize how important it is to keep the mind guarded, pure and clean, from corrupting thoughts, and to preserve the soul from all debasing practices; for the purity or impurity of youth is reflected upon old age.

The truths of the Bible, received, will uplift the mind from its earthliness and debasement. If the Word of God were appreciated as it should be, both young and old would possess an inward rectitude, a strength of principle, that would enable them to resist temptation. (SD 78)

RESIST TEMPTATION

Submit yourselves therefore to God. Resist the devil, and he will flee from you.

James 4:7

Satan still comes with his temptations to the children of men. He employs every means at his command to conceal himself from view, and this is why so many are ignorant of his devices. A few days since, the question was asked me, "Do you believe in a personal devil?" "I do," was the answer. "Well," rejoined the questioner, "I do not believe that there is any such being; our evil thoughts and impulses are all the devil we know anything about!" "But," I asked, "who suggests these thoughts? Whence do they originate, if not from Satan?" . . .

Just as surely as we have a personal Saviour, we have also a personal adversary, cruel and cunning, who ever watches our steps, and plots to lead us astray. He can work most effectually in disguise. Wherever the opinion is entertained that he does not exist, there he is most busy. When we least suspect his presence, he is gaining advantage over us. I feel alarmed as I see so many of the youth yielding to his power while they know it not. Did they but see their danger, they would flee to Christ, the sinner's refuge.

Aim to be faithful students in the school of Christ, learning daily to conform your life to the divine Pattern. Set your faces heavenward, and press toward the mark for the prize of your high calling in Christ Jesus. Run the Christian race with patience, and rise superior to every temptation, however grievous it may be, that shall come to you. Resist the devil, and he will flee from you. Draw nigh to God; and if you are desirous of taking the first upward step, you will find His hand stretched out to help you. It remains with you, individually, as to whether you walk in the light of the Sun of Righteousness, or in the darkness of error. The truth of God can be a blessing to you only as you permit its influence to purify and refine your soul. (SD 79)

NURTURE . . . NICENESS

Let brotherly love continue.

Hebrews 13:1

No member of the family can inclose himself within himself. . . . If he is filled with the love of Christ, he will manifest courtesy, kindness, tender regard for the feelings of others, and will communicate to his associates, by his acts of love, a tender, grateful, happy feeling. It will be made manifest that he is living for Jesus, and daily learning lessons at His feet, receiving His light and His peace.

The most careful cultivation of the outward proprieties of life is not sufficient to shut out all fretfulness, harsh judgment, and unbecoming speech. True refinement will never be revealed so long as self is considered as the supreme object. Love must dwell in the heart. A thoroughgoing Christian draws his motives of action from his deep heart-love for his Master. Up through the roots of his affection for Christ springs an unselfish interest in his brethren.

Of all things that are sought, cherished, and cultivated, there is nothing so valuable in the sight of God as a pure heart, a disposition imbued with thankfulness and peace.

If the divine harmony of truth and love exists in the heart, it will shine forth in words and actions. . . . The spirit of genuine benevolence must dwell in the heart. Love imparts to its possessor grace, propriety, and comeliness of deportment. Love illuminates the countenance and subdues the voice; it refines and elevates the entire man. It brings him into harmony with God, for it is a heavenly attribute.

Allow no selfishness to live in the heart or find room in the home. . . . When all are members of the royal family, there will be true politeness in the home life. Each member of the family will seek to make it pleasant for every other member. (SD 80)

NURTURE . . . HUMILITY

But he giveth more grace. Wherefore he saith, God resisteth the proud, but giveth grace unto the humble.

James 4:6

You are safe only as, in perfect submission and obedience, you connect yourselves with Christ. The yoke is easy, for Christ carries the weight. As you lift the burden of the cross, it will become light; and that cross is to you a pledge of eternal life. It is the privilege of each to follow gladly after Christ, exclaiming at every step, "Thy gentleness hath made me great." But if we would travel heavenward, we must take the Word of God as our lesson-book. In the words of inspiration we must read our lessons day by day. . . .

The humiliation of the man Christ Jesus is incomprehensible to the human mind; but His divinity and His existence before the world was formed can never be doubted by those who believe the Word of God. The apostle Paul speaks of our Mediator, the only begotten Son of God, who in a state of glory was in the form of God, the Commander of all the heavenly hosts, and who, when He clothed His divinity with humanity, took upon Him the form of a servant. . . .

In consenting to become man, Christ manifested a humility that is the marvel of the heavenly intelligences. The act of consenting to be a man would be no humiliation were it not for the fact of Christ's exalted preexistence. We must open our understanding to realize that Christ laid aside His royal robe, His kingly crown, His high command, and clothed His divinity with humanity, that He might meet man where he was, and bring to the human family moral power to become the sons and daughters of God. To redeem man, Christ became obedient unto death, even the death of the cross.

The meekness and humility that characterized the life of Christ will be made manifest in the life and character of those who "walk even as he walked." (SD 81)

NURTURE . . . MEEKNESS

The meek will he guide in judgment: and the meek will he teach his way.

Psalm 25:9

You will have to learn the important lesson of what it is to be a man in the sight of God. It is to be like Jesus, meek and lowly of heart, to guard the interests of others more sacredly that you would your own. . . . It should be carried out in your daily life and practice, showing that you have not been playing truant or a dull scholar in the school of Christ.

Selfishness cannot exist in a heart where Christ dwells; if cherished, it will crowd out everything besides. It will lead you to follow inclination rather than duty, to make self the subject of thought, and to gratify and indulge yourself, instead of seeking to be a blessing to others. Your wants, your pleasures, will come before everything else. . . . True happiness is to be found, not in self-indulgence and self-pleasing, but in learning of Christ. . . . Those who trust to their own wisdom, and follow their own ways, go complaining at every step, because the burden which selfishness binds upon them is so heavy.

Jesus loves the young, and He longs to have them possess that peace which He alone can impart. He bids them learn of Him meekness and lowliness of heart. This precious grace is rarely seen in the youth of the present day, even in those who profess to be Christians. Their own ways seem right in their eyes. In accepting the name of Christ, they do not accept His character, . . . therefore they know nothing of the joy and peace to be found in His service.

The meekness of Christ, manifested in the home, will make the inmates happy; it provokes no quarrel, gives back no angry answer, but soothes the irritated temper, and diffuses a gentleness that is felt by all within its charmed circle. Wherever cherished, it makes the families of earth a part of the one great family above. (SD 82)

NURTURE . . . THOUGHTFULNESS

Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering.

Colossians 3:12

Look to Jesus as your guide and pattern. . . . Study how you can be like Him, in thoughtfulness for others, in meekness and humility. Thus may you "grow up into him in all things, which is the head, even Christ"; you may reflect His image, and be accepted of Him as His own, at His coming.

When Jesus is comprehended by faith, and brought into the inner sanctuary of the soul, the Holy Spirit will mold and fashion the character after the likeness of Christ. Lessons will then be daily learned in the school of Christ. The character of the tree will be known by its fruits. "By their fruits ye shall know them."

The Christian will shine as a light amid the moral darkness of the world. He will be tender of heart, and considerate of the feelings of others. The Word of God instructs us to be "wise as serpents, and harmless as doves," and it is the duty of every Christian to bring himself under discipline to the rules of the Bible, that he may be "a workman that needeth not to be ashamed." The work coming from the hands of those who do this, will be as lasting as eternity. It will not be mingled with a shred of selfishness, and it will not be loose, careless work.

Tender affections should ever be cherished between husband and wife, parents and children, brothers and sisters. Every hasty word should be checked, and there should not be even the appearance of the lack of love one for another. It is the duty of everyone in the family to be pleasant, to speak kindly.

Cultivate tenderness, affection, and love that have expression in little courtesies, in speech, in thoughtful attentions.

It is the inward adorning, the graces of the Spirit, the kind word, the thoughtful consideration for others that God values. (SD 83)

NURTURE . . . SELF-CONTROL

And herein do I exercise myself, to have always a conscience void of offence toward God, and toward men.

Acts 24:16

Strength of character consists of two things–power of will and power of self-control. Many youth mistake strong, uncontrolled passion for strength of character; but the truth is that he who is mastered by his passions is a weak man. The real greatness and nobility of the man is measured by his powers to subdue his feelings, not by the power of his feelings to subdue him.

Never should we lose control of ourselves. Let us ever keep before us the perfect Pattern. It is a sin to speak impatiently and fretfully or to feel angry even though we do not speak. We are to walk worthy, giving a right representation of Christ. The speaking of an angry word is like flint striking flint: it at once kindles wrathful feelings.

Never be like a chestnut bur. In the home do not allow yourself to use harsh, rasping words. You should invite the heavenly Guest to come into your home, at the same time making it possible for Him and the heavenly angels to abide with you. You should receive the righteousness of Christ, the sanctification of the Spirit of God, the beauty of holiness, that you may reveal to those around you the Light of life. . . .

Said a celebrated emperor when on his dying bed, "Among all my conquests there is but one which affords me any consolation now, and that is the conquest I have gained over my own turbulent temper." Alexander and Caesar found it easier to subdue a world than to subdue themselves. After conquering nation after nation, they fell one of them "the victim of intemperance, the other of mad ambition."

The highest evidence of nobility in a Christian is self-control.

In the Lord's work you are constantly in a school where you may learn lessons of self-control, of sanctified dignity, of gentlemanly manners and behavior. (SD 84)

NURTURE . . . PURITY

He shall deliver the island of the innocent: and it is delivered by the pureness of thine hands.

Job 22:30

He who deservedly bears the name of Christian, which signifies Christlike, will be filled with piety and purity, with love and reverence for God and Jesus Christ whom He hath sent; and his spirit, his words, his actions, will all bear the impress of Heaven. Others will see that he has been with Jesus and learned of Him, His prayers will be simple and fervent, and will ascend to God on the wings of faith. Learning in the school of Christ, he will have a humble opinion of himself; and though he may be poor in this world's goods, he may be rich in the graces of God's Spirit, and may bless and enrich others by his spirit and influence, because Christ is in him a well of water springing up into everlasting life. He will shed about him an atmosphere of hope and courage and strength, and will put to shame those who are worldly, selfish, formal professors, who have a name to live and are dead.

The precious faith inspired of God imparts strength and nobility of character. As His goodness, His mercy, and His love are dwelt upon, clearer and still clearer will be the perception of truth; higher, holier, the desire for purity of heart and clearness of thought. The soul dwelling in the pure atmosphere of holy thought is transformed by intercourse with God through the study of His Word. Truth is so large, so far-reaching, so deep, so broad, that self is lost sight of. The heart is softened, and subdued into humility, kindness, and love. . . . Being pure-minded, they will become strong-minded.

Purity of heart and loveliness of spirit are more precious than gold, both for time and for eternity. Only the pure in heart shall see God. (SD 85)

NURTURE . . . SIMPLICITY

But I fear, lest by any means, as the serpent beguiled Eve through his subtilty, so your minds should be corrupted from the simplicity that is in Christ.

2 Corinthians 11:3

He who will observe simplicity in all his habits, restricting the appetite and controlling the passions, may preserve his mental powers strong, active, and vigorous, quick to perceive everything which demands thought or action, keen to discriminate between the holy and the unholy, and ready to engage in every enterprise for the glory of God and the benefit of humanity.

The little ones should be educated in childlike simplicity. They should be trained to be content with the small, helpful duties and the pleasures and experiences natural to their years. Childhood answers to the blade in the parable, and the blade has a beauty peculiarly its own. Children should not be forced into a precocious maturity, but as long as possible should retain the freshness and grace of their early years. The more quiet and simple the life of the child, the more free from artificial excitement and the more in harmony with nature the more favorable it is to physical and mental vigor and to spiritual strength.

Parents should by their example encourage the formation of habits of simplicity, and draw their children away from an artificial to a natural life. Those children are most attractive who are natural and unaffected.

The greatest Teacher the world ever knew was admired for His simplicity; for He presented divine truth in such a way that even children could comprehend His words, and at the same time He drew the attention of the best educated and deepest thinkers of the world. By the use of familiar illustrations He made truth plain to the minds of the common people. In simplicity He sowed the seed of the gospel truth in the minds and hearts of His hearers, and it sprang up and yielded a harvest unto everlasting life.

His [Christ's] glory was in His simplicity. (SD 86)

NURTURE . . . STEADFASTNESS

For then shalt thou lift up thy face without spot; yea, thou shalt be stedfast, and shalt not fear.

Job 11:15

It is right for the youth to feel that they must reach the highest development of their mental powers. We would not restrict the education to which God has set no limit. But our attainments avail nothing if not put to use for the honor of God and the good of humanity. . . .

What we need is knowledge that will strengthen mind and soul, that will make us better men and women. Heart education is of far more importance than mere book learning. It is well, even essential, to have a knowledge of the world in which we live; but if we leave eternity out of our reckoning, we shall make a failure from which we can never recover. . . . If the youth understood their own weakness, they would find in God their strength.

There is a science of Christianity to be mastered, a science as much deeper, broader, higher than any human science as the heavens are higher than the earth. The mind is to be disciplined, educated, trained; for we are to do service for God in ways that are not in harmony with inborn inclination. Hereditary and cultivated tendencies to evil must be overcome. Often the education and training of a lifetime must be discarded, that one may become a learner in the school of Christ. Our hearts must be educated to become steadfast in God.

We are to form habits of thought that will enable us to resist temptation. We must learn to look upward. The principles of the Word of God, principles that are as high as heaven, and that compass eternity, we are to understand in their bearing upon our daily life. Every act, every word, every thought, is to be in accord with these principles. All must be brought into harmony with, and subject to, Christ. (SD 87)

NURTURE . . . PATIENCE

For ye have need of patience, that, after ye have done the will of God, ye might receive the promise.

Hebrews 10:36

The lives of some are without peace or gladness because they never get out of the range of self. They are ever reaching out for sympathy from others. If they would go to work to see how helpful they could be, and would speak words of love and courage, their souls, now dry and sorrowful, would become like a watered garden.

You must learn in the school of Christ precious lessons of patience. Do not become discouraged, but keep at the work in all humility. It will drive you to Jesus; it will lead you to study the Pattern. You want to work as Jesus worked.

Trials will come, it is true, even to those who are fully consecrated. The patience of the most patient will be severely tested. . . . Often silence is the severest rebuke that could be given to the one who has sinned with his lips.

When they [the children and youth] lose self control and speak words that are passionate, an attitude of silence is often the best course to pursue, not taking up a line of reproof or argument or condemnation. Repentance will come very soon. The silence that is golden will often do more than all the words that can be uttered.

When others are impatient, fretful, and complaining because self is not subdued, begin to sing some of the songs of Zion. While Christ was working at the carpenter's bench, others would sometimes surround Him, trying to cause Him to be impatient; but He would begin singing some of the beautiful psalms, and before they realized what they were doing, they had joined with Him in singing, influenced, as it were, by the power of the Holy Spirit which was there.

Christ's perfect example and the grace of God are given him [man] to enable him to train his sons and daughters to be sons and daughters of God. (SD 88)

NURTURE . . . SELF-DENIAL

Lo, we have left all, and have followed thee.

Mark 10:28

All have daily lessons to learn in the school of Christ, and a daily experience to gain, that they may understand their duty as His children.

Many an honest, well-meaning person makes no advancement in the Christian life because he does not see the necessity of constantly learning more of Jesus. When first converted, he rejoices that he has taken his position on the Lord's side. A year later, he bears the same testimony. There is no evidence of spiritual growth; he is still weak as a child. . . . The first experience of the new convert is happy and joyous; but trials come; the perplexities of life are to be met; sinful traits of character that have not been controlled, strive for the mastery, and too frequently obtain it. Then come a loss of confidence and peace, neglect of prayer and the reading of the Scriptures. For want of the knowledge and experience which they should have, many are overcome by Satan. They do not know how to discern his temptations, or to resist them. . . .

Have faith in Jesus as your helper. Remember that you are not to choose your own work, or follow your own ways, but to look to Jesus as your guide and pattern. Keep His example before you, and constantly ask what will be pleasing in His sight. Learn from Him lessons of self-denial and self sacrifice.

Watch every moment, keeping your mind stayed upon God, instead of having it upon dress, and suffering pride to dwell in your heart. Seek to deny yourself; be holy; let your mind dwell upon heaven, and let your conversation be there also. . . . Those who follow Christ will choose the suffering, self-denying part, and will have His approbation here, and . . . glory, immortality, and eternal life hereafter. (SD 89),

NURTURE . . . FORGIVENESS

Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye.

Colossians 3:13

The religion of Jesus Christ means progress; it means to be ever reaching upward to a holier and higher standard. The Christian whose heart has been touched with the beauty of the Saviour's character, is to put into practice that which he learns in the school of Christ. We must be apt pupils in the school of Christ, readily learning that which He teaches us from day to day.

We can never attain perfection of character if we do not hear the voice of God and obey His counsel. This instruction does not apply simply to those who have had no trials to meet which would create dislike to their brethren, but it applies to those who have been injured, who have suffered from financial wrong, from reproach and criticism, from misapprehension and misjudgment. These must not allow hatred to enter the heart, or permit unkind feelings to arise when they look upon those who have injured them. . . .

Like Christ we shall forgive our enemies, and watch for opportunities to show those who have harmed us that we love their souls, and if we could, would do them good. . . . If those who have injured us, still continue in their course of wrongdoing . . . we must make efforts to be reconciled to our brethren, following the Bible plan, as Christ Himself has directed. If our brethren refuse to be reconciled, then do not talk about them, nor injure their influence, but leave them in the hands of a just God, who judgeth all men righteously. . . . The youth may profess to have great love for the cause of God; but while they are unreconciled to their companions, they are unreconciled to God. It is these . . . selfish feelings that are cherished, that keep the blessing of God out of our hearts and homes. Let the love of Christ flow into the heart and transform the character, or we shall not be children of God. (SD 90)

NURTURE . . . HONESTY

Providing for honest things, not only in the sight of the Lord, but also in the sight of men.

2 Corinthians 8:21

In all business transactions, we are to let the light shine decidedly. There is to be no sharp practice. Everything is to be done with the strictest integrity. Better consent to lose something financially than to gain a few shillings by sharp practice. We shall lose nothing in the end by fair dealing. We are to live the law of God in our world, and perfect a character after the divine similitude. All business, with those in the faith and those not in the faith, is to be transacted on square, righteous principles. Everything is to be seen in the light of God's law, everything done without fraud, without duplicity, without one tinge of guile.

For a Babylonish robe and a paltry treasure of gold and silver, Achan consented to sell himself to evil, to bring upon his soul the curse of God, to forfeit his title to a rich possession in Canaan, and lose all prospect of the future, immortal inheritance in the earth made new. A fearful price indeed he paid for his ill-gotten gains!

Deal honestly and righteously in this present evil world. Some will be honest when they see that honesty will not endanger their worldly interest; but all who act from this principle will have their names blotted out of the book of life.

Strict honesty must be cultivated. We can go through the world but once; we cannot come back to rectify any mistakes; therefore every move made should be with godly fear and careful consideration. . . .

When God makes up His jewels, the true, the frank, the honest, will be His chosen ones, His treasures. Angels are preparing crowns for such; and light from the throne of God will be reflected in its splendor from these star-gemmed diadems. (SD 185)

NURTURE . . . DISCRETION

Discretion shall preserve thee, understanding shall keep thee.

Proverbs 2:11

By your choice words and a consistent course of action, by your propriety, your earnest piety, make a telling confession of your faith, determined that Christ shall occupy the throne in the soul temple; and lay your talents without reserve at His feet to be employed in His service. . . . Make it the law of your life from which no temptation or side interest shall cause you to turn, to honor God.

In this fast age, reeking with corruption, you are not safe unless you stand guarded. Virtue and modesty are rare. I appeal to you as followers of Christ, making an exalted profession, to cherish the precious, priceless gem of modesty. This will guard virtue.

Holiness of heart will never lead to impure actions. . . . The truth of heavenly origin never degrades the receiver . . . ; on the contrary, it sanctifies the believer, refines his taste, elevates and ennobles him, and brings him into a close connection with Jesus. It leads him to regard the apostle Paul's injunction to abstain from even the appearance of evil, lest his "good should be evil spoken of."

This is a subject to which we must give heed. We must guard against the sins of this degenerate age. We must stand aloof from everything that savors of undue familiarity. God condemns it. It is forbidden ground, upon which it is unsafe to set the feet. Every word and action should tend to elevate, refine, and ennoble the character.

My good name is capital of far more value to me than gold or silver. Let me preserve it untarnished. If men assail that name, it shall not be because I have given them occasion to do so, but for the same reason that they spoke of evil of Christ, because they hated the purity and holiness of His character; for it was a constant rebuke to them. (SD 186)

TRUST AT THE DARKEST MOMENT

When Jesus heard that, he said, This sickness is not unto death, but for the glory of God, that the Son of God might be glorified thereby.

John 11:4

Christ's two days' delay after hearing that Lazarus was sick was not a neglect or a denial on His part. . . . This should be an encouragement to us. . . . We are to rest in the Lord, and wait patiently for Him. The answer to our prayers may not come as quickly as we desire, and it may not be just what we have asked; but He who knows what is for the highest good of His children will bestow a much greater good than we have asked, if we do not become faithless and discouraged.

Christ had not only the loved ones at Bethany to think of; He had the training of His disciples to consider. They were to be His representatives to the world, that the Father's blessing might include all. For their sake He permitted Lazarus to die. Had He restored him from illness to health, the miracle that is the most positive evidence of His divine character would not have been performed.

Had Christ been in the sickroom, Lazarus would not have died; for Satan would have had no power over him. In the presence of the Lifegiver, death could not have aimed his dart at Lazarus. . . . He permitted Lazarus to pass under the dominion of death, and the suffering sisters saw their brother laid in the grave. Christ knew that as they looked on the face of their dead brother, their faith in their Redeemer would be severely tried. Thus He was pruning the branches, that they might bring forth more fruit. He knew that because of the struggle through which they were now passing, their faith would shine forth with far greater power.

To all who are reaching out to feel the guiding hand of God, the moment of greatest discouragement is the time when divine help is nearest. . . . From every temptation and every trial He will bring them forth with firmer faith and a richer experience. (SD 92)

MODEL . . .
ELISHA'S FAITHFULNESS

So he departed thence, and found Elisha the son of Shaphat, who was plowing with twelve yoke of oxen before him, and he with the twelfth: and Elijah passed by him, and cast his mantle upon him.

1 Kings 19:19

The prophet Elijah was about to close his earthly labors. Another was to be called to carry forward the work for that time. In his course of travel, Elijah was directed northward. . . . Wherever Elijah looked, the land he saw was owned by one man, a man who had not bowed the knee to Baal, whose heart had remained undivided in the service of God. . . . The owner of the land was Shaphat. . . .

The attention of Elijah was attracted to Elisha, the son of Shaphat, who with the servants was plowing with twelve yoke of oxen. He was educator, director, and worker. Elisha did not live in the thickly populated cities. His father was a tiller of the soil, a farmer. Far from city and court dissipation, Elisha had received his education. He had been trained in habits of simplicity, of obedience to his parents and to God. . . . But though of a meek and quiet spirit, Elisha had no changeable character. Integrity and fidelity and the love and fear of God were his. He had the characteristics of a ruler, but with it all was the meekness of one who would serve. His mind had been exercised in the little things, to be faithful in whatsoever he should do; so that if God should call him to act more directly for Him, he would be prepared to hear His voice.

The surroundings of Elisha's home were those of wealth; but he realized that in order to obtain an all-round education, he must be a constant worker in any work that needed to be done. He had not consented to be in any respect less informed than his father's servants. He had learned how to serve first, that he might know how to lead, instruct, and command.

Elisha stood in Elijah's place. And he who had been faithful in that which was least, proved himself faithful also in much. (SD 93)

MODEL . . .
MOSES' EXCELLENCE

By faith he forsook Egypt, not fearing the wrath of the king: for he endured, as seeing him who is invisible.

Hebrews 11:27

For the honor of God and the deliverance of His downtrodden people, Moses sacrificed the honors of Egypt. Then, in a special sense, God undertook his training. . . . He had yet to learn the lesson of dependence upon divine power. He had mistaken God's purpose. It was his hope to deliver Israel by force of arms. For this he risked all, and failed. In defeat and disappointment he became a fugitive and exile in a strange land. . . . Apparently cut off forever from his life's mission, he was receiving the discipline essential for its fulfilment. . . . He must obtain the experience that would make him a faithful, long-suffering shepherd to Israel. . . . In the stern simplicity of the wilderness . . . Moses gained that which went with him throughout the years of his toilsome and care-burdened life, a sense of the personal presence of the Divine One. . . . When misunderstood and misrepresented, when called to bear reproach and insult, to face danger and death, he was able to endure "as seeing him who is invisible."

Moses stands forth superior in wisdom and integrity to all the sovereigns and statesmen of earth. . . . He was generous, noble, well-balanced; he was not defective, and his qualities were not merely half developed. He could successfully exhort his fellow-men, because his life itself was a living representation of what man can become and accomplish with God as his helper. . . . He spoke from the heart and it reached the heart. He was accomplished in knowledge and yet simple as a child in the manifestation of his deep sympathies. Endowed with a remarkable instinct, he could judge instantly of the needs of all who surrounded him. . . . Of the man who is noted for his meekness, Christ says, He can be trusted. Through him I can reveal Myself to the world. He will not weave into the web any threads of selfishness. (SD 94)

MODEL . . .
DANIEL'S SELF-CONTROL

And the king communed with them; and among them all was found none like Daniel, Hananiah, Mishael, and Azariah. . . . And in all matters of wisdom and understanding, that the king enquired of them, he found them ten times better than all the magicians and astrologers that were in all his realm.

Daniel 1:19, 20

During their three years of training, Daniel and his associates maintained their abstemious habits, their allegiance to God, and their constant dependence upon His power. When the time came for their abilities and acquirements to be tested by the king, they were examined with other candidates for the service of the kingdom. Their keen apprehension, their choice and exact language, their extensive knowledge, testified to the unimpaired strength and vigor of their mental power. God always honors the right. The most promising youths from all the lands subdued by the great conqueror had been gathered at Babylon, yet amid them all the Hebrew captives were without a rival. The erect form, the firm, elastic step, the fair countenance, the undimmed senses, the untainted breath–a ll these were insignia of the nobility with which nature honors those who are obedient to her laws. . . .

Amid the seductive influences of the luxurious courts of Babylon they stood firm. The youth of today are surrounded with allurements to self-indulgence. Especially in our large cities, every form of sensual gratification is made easy and inviting. Those who, like Daniel, refuse to defile themselves will reap the reward of temperate habits. . . .

Daniel's clearness of mind and firmness of purpose, his power in acquiring knowledge and in resisting temptation, were due in a great degree to the plainness of his diet, in connection with his life of prayer. . . .

Stand forth in your God-given manhood and womanhood. . . . God will reward you with calm nerves, a clear brain, an unimpaired judgment, keen perceptions. The youth of today whose principles are firm and unwavering will be blessed with health of body, mind, and soul. (ML 147)

MODEL . . .
NEHEMIAH'S BOLDNESS

And I sent messengers unto them, saying, I am doing a great work, so that I cannot come down: why should the work cease, whilst I leave it, and come down to you?

Nehemiah 6:3

God has men in reserve, prepared to meet the demand, that His work may be preserved from all contaminating influences. God will be honored and glorified. When the divine Spirit impresses the mind of the man appointed by God as fit for the work, he responds, saying, "Here am I; send me." . . . Nehemiah showed himself to be a man whom God could use to put down false principles and to restore heaven-born principles; and God honored him. The Lord will use in His workmen who are as true as steel to principle, who will not be swayed by the sophistries of those who have lost their spiritual eyesight.

Nehemiah was chosen by God because he was willing to cooperate with the Lord as a restorer. Falsehood and intrigue were used to pervert his integrity, but he would not be bribed. He refused to be corrupted by the devices of unprincipled men, who had been hired to do an evil work. He would not allow them to intimidate him into following a cowardly course. When he saw wrong principles being acted upon, he did not stand by as an onlooker, and by his silence give consent. He did not leave the people to conclude that he was standing on the wrong side. He took a firm, unyielding stand for the right. He would not lend one jot of influence to the perversion of the principles that God has established.

We shall meet with opposition of every description, as did the builders of the walls of Jerusalem; but if we watch and pray, and work as they did, God will fight our battles for us, and give us precious victories. . . . We should move forward with unwavering confidence, believing that God will give to His truth great and precious victories. . . . Relying upon Jesus, we shall carry a convincing power with us that we have the truth. (SD 213)

MODEL . . .
JOSEPH'S DECISION-MAKING

For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting.

Galatians 6:8

Few temptations are more dangerous or more fatal to young men than the temptation to sensuality and none if yielded to will prove so decidedly ruinous to soul and body for time and eternity. The welfare of his entire future is suspended upon the decision of a moment. Joseph calmly casts his eyes to heaven for help, slips off his loose outer garment, leaving it in the hand of his tempter and while his eye is lighted with determined resolve in the place of unholy passion, he exclaims, "How can I do this great wickedness, and sin against God?" The victory is gained; he flees from the enchanter; he is saved.

Samson in his peril had the same source of strength as had Joseph. He could choose the right or the wrong as he pleased. But instead of taking hold of the strength of God, he permitted the wild passions of his nature to have full sway. The reasoning powers were perverted, the morals corrupted. God had called Samson to a position of great responsibility, honor, and usefulness; but he must first learn to govern by first learning to obey the laws of God. . . . Samson, under . . . temptations, which he had brought upon himself, gave loose rein to passion. The path which he entered upon he found to end in shame, disaster, and death. What a contrast to the history of Joseph!

Amidst the snares to which all are exposed, they need strong and trustworthy defenses on which to rely. . . . The shield of grace can preserve all unconquered by the temptations of the enemy, though surrounded with the most corrupting influences. By firm principle, and unwavering trust in God, their virtue and nobleness of character can shine, and, although surrounded with evil, no taint need be left upon their virtue and integrity. (SD 187)

MODEL . . .
DAVID'S PATIENCE

Happy is the man that findeth wisdom, and the man that getteth understanding.

Proverbs 3:13

The ceremony of anointing David . . . was an intimation to the youth of the high destiny awaiting him. . . .

Notwithstanding the high position which he was to occupy, he quietly continued his employment, content to await the development of the Lord's plans in His own time and way. As humble and modest as before his anointing, the shepherd boy returned to the hills, and watched and guarded his flocks as tenderly as ever. But with new inspiration he composed his melodies and played upon his harp. Before him spread a landscape of rich and varied beauty. . . .

David, in the beauty and vigor of his young manhood, was preparing to take a high position with the noblest of the earth. His talents, as precious gifts from God, were employed to extol the glory of the divine Giver. His opportunities of contemplation and meditation served to enrich him with that wisdom and piety that made him beloved of God and angels. As he contemplated the perfections of his Creator, clearer conceptions of God opened before his soul.

Obscure themes were illuminated, difficulties were made plain, perplexities were harmonized, and each ray of new light called forth fresh bursts of rapture and sweeter anthems of devotion, to the glory of God and the Redeemer. The love that moved him, the sorrows that beset him, the triumphs that attended him, were all themes for his active thought; and as he beheld the love of God in all the providences of his life, his heart throbbed with more fervent adoration and gratitude, his voice rang out in a richer melody, his harp was swept with more exultant joy; and the shepherd boy proceeded from strength to strength, from knowledge to knowledge; for the Spirit of the Lord was upon him. (ML 159)

MODEL . . .
SAMUEL'S RECEPTIVITY

Ointment and perfume rejoice the heart: so doth the sweetness of a man's friend by hearty counsel.

Proverbs 27:9

Things will go wrong with everyone; sadness and discouragement press every soul; then a personal presence, a friend who will comfort and impart strength, will turn back the darts of the enemy that are aimed to destroy. Christian friends are not half as plentiful as they should be. In hours of temptation, in a crisis, what a value is a true friend! Satan at such times sends along his agents to cause the trembling limbs to stumble; but the true friends who will counsel, who will impart magnetic hopefulness, the calming faith that uplifts the soul, oh, such help is worth more than precious pearls.

The life of Samuel from early childhood had been a life of piety and devotion. He had been placed under the care of Eli in his youth, and the loveliness of his character drew forth the warm affection of the aged priest. He was kind, generous, diligent, obedient, and respectful. . . . It was a singular thing that between Eli, the chief magistrate of the nation, and the simple child so warm a friendship should exist. Samuel was helpful and affectionate, and no father ever loved his child more tenderly than did Eli this youth. . . .

How touching to see youth and old age relying one upon the other, the youth looking up to the aged for counsel and wisdom, the aged looking to the youth for help and sympathy. This is as it should be. God would have the young possess such qualification of character that they shall find delight in the friendship of the old, that they may be united in the endearing bonds of affection to those who are approaching the borders of the grave.

A strong, helpful grasp of the hand of a true friend is worth more than gold and silver. (SD 161)

MODEL . . .
JOB'S ENDURANCE

There was a man in the land of Uz, whose name was Job; and that man was perfect and upright, and one that feared God, and eschewed evil.

Job 1:1

Unselfishness, the principle of God's kingdom, is the principle that Satan hates; its very existence he denies. From the beginning of the great controversy he has endeavored to prove God's principles of action to be selfish, and he deals in the same way with all who serve God. To disprove Satan's claim is the work of Christ and of all who bear His name. . . .

Very early in the history of the world is given the life-record of one over whom this controversy of Satan's was waged. Of Job, the patriarch of Uz, the testimony of the Searcher of hearts was, "There is none like him in the earth, a perfect and an upright man, one that feareth God, and escheweth evil."

Against this man, Satan brought scornful charge: "Doth Job fear God for naught? Hast thou not made a hedge about him, and about his house, and about all that he hath on every side?" . . .

The Lord said unto Satan, "All that he hath is in thy power." "Behold, he is in thine hand; but save his life."

Thus permitted, Satan swept away all that Job possessed, flocks and herds, men-servants and maidens, sons and daughters; and he "smote Job with sore boils from the sole of his foot unto his crown."

Still another element of bitterness was added to his cup. His friends, seeing in adversity but the retribution of sin, pressed on his bruised and burdened spirit their accusations of wrongdoing.

"When he hath tried me," he said, "I shall come forth as gold." So it came to pass. By his patient endurance he vindicated his own character, and thus the character of Him whose representative he was. . . . The Lord gave Job twice as much as he had before. . . . So the Lord blessed the latter end of Job more than his beginning. (SD 95)

MODEL . . .
PAUL'S COMMITMENT

And Ananias went his way, and entered into the house; and putting his hands on him said, Brother Saul, the Lord, even Jesus, that appeared unto thee in the way as thou camest, hath sent me, that thou mightest receive thy sight, and be filled with the Holy Ghost.

Acts 9:17

In the military schools of Egypt, Moses was taught the law of force, and so strong a hold did this teaching have upon his character that it required forty years . . . to fit him for leadership of Israel by the law of love. The same lesson Paul had to learn.

At the gate of Damascus the vision of the Crucified One changed the whole current of his life. The persecutor became a disciple, the teacher a learner. The days of darkness spent in solitude at Damascus were as years in his experience. The Old Testament Scriptures stored in his memory were his study, and Christ his teacher. To him also nature's solitudes became a school. To the desert of Arabia he went, there to study the Scriptures and to learn of God. He emptied his soul of the prejudices and traditions that had shaped his life, and received instruction from the Source of truth.

His after-life was inspired by the one principle of self-sacrifice, the ministry of love. "I am debtor," he said, "both to the Greeks, and to the barbarians; both to the wise, and to the unwise."

While he possessed high intellectual endowments, the life of Paul revealed the power of a rarer wisdom. Principles of deepest import, principles concerning which the greatest minds of his time were ignorant, are unfolded in his teachings and exemplified in his life. He had that greatest of all wisdom, which gives quickness of insight and sympathy of heart, which brings man in touch with men, and enables him to arouse their better nature and inspire them to a higher life. . . .

"Being reviled," he said, "we bless; being persecuted, we suffer it; being defamed, we entreat"; "as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing all things." (SD 96)

AVOID . . .
PETER'S SELF-DEPENDENCE

And the Lord said, Simon, Simon, behold, Satan hath desired to have you, that he may sift you as wheat: but I have prayed for thee, that thy faith fail not: and when thou art converted, strengthen thy brethren.

Luke 22:31, 32

The reason so many of Christ's professed disciples fall into grievous temptation is that they have not a correct knowledge of themselves. Here is where Peter was so thoroughly sifted by the enemy. If we could understand our own weakness, we should see so much to do for ourselves that we would humble our hearts under the mighty hand of God. Hanging our helpless souls upon Christ, we would supplement our ignorance with His wisdom, our weakness with His strength, our frailty with His enduring might. Peter fell because he did not know his own frailty. He thought himself strong. . . .

Had Peter walked humbly with God, hiding self in Christ; had he earnestly looked for divine help; had he been less self-confident; had he received the Lord's instruction and practiced it, he would have been watching unto prayer. . . . Had he closely examined himself, the Lord would have given him divine help and there would have been no need of Satan's sifting. . . . There is no power in the whole satanic force that can disable the soul that trusts, in simple confidence, in the wisdom that comes from God.

The watchcare of Christ for Peter was the cause of his restoration. Satan could do nothing against the all-powerful intercession of Christ. And the prayer that Christ offered for Peter He offers in behalf of all who are humble and contrite in heart. . . . Peter sinned against light and knowledge, and against great and exalted privileges. It was self-confidence that caused him to fail, and it is this same evil that is now working in human hearts. It may be our purpose to be right and to do right, but we shall most surely err unless we are constant learners in the school of Christ. Our only safety is in walking humbly with God. (SD 91)

AVOID . . .
MOAB'S RECALCITRANCE

Moab hath been at ease from his youth, and he hath settled on his lees, and hath not been emptied from vessel to vessel, neither hath he gone into captivity: therefore his taste remained in him, and his scent is not changed.

Jeremiah 48:11

A man may refuse to hear the counsels and admonitions of God. He may choose to take the regulating of his conduct into his own hands. . . . Like Moab, he refuses to be changed. . . . He refuses to correct his defective traits of character, although the Lord has plainly pointed out his work, his privileges, his opportunities, and the advancement to be made. It is too much trouble to break up his old ways, and transform his ideas and methods. "His taste remained in him." He clings to his defects.

There are many who are not satisfied with the work that God has given them. They are not satisfied to serve Him pleasantly in the place that He has marked out for them, or to do uncomplainingly the work that He has placed in their hands. It is right for us to be dissatisfied with the way in which we perform duty, but we are not to be dissatisfied with the duty itself, because . . . in His providence God places before human beings service that will be as medicine for their diseased minds. . . . Some He places where relaxed discipline and overindulgence will not become their snare, where they are taught to appreciate the value of time, and to make the best and wisest use of it.

There are some who desire to be a ruling power, and who need the sanctification of submission. . . . They are being qualified to fill places where their disciplined ability will make them of the greatest service. Some God trains by bringing to them disappointment and apparent failure. It is His purpose that they shall learn to master difficulty. . . .

Many are ignorant of how to work for God, not because they need to be ignorant, but because they are not willing to submit to His training process. Moab is spoken of as a failure because, the Word declares, "he hath been at ease from his youth." (SD 97)

AVOID . . . PROCRASTINATION

And if it seem evil unto you to serve the Lord, choose you this day whom ye will serve; whether the gods which your fathers served that were on the other side of the flood, or the gods of the Amorites, in whose land ye dwell: but as for me and my house, we will serve the Lord.

Joshua 24:15

We have been bought with the precious blood of Christ as of a lamb without blemish. What a price is this, unparalleled, infinite! But though Christ has bought us, and invites us to come to Him, still the world holds out its attractions to us, and strives for the mastery. Shall love for God, or love for the world, triumph in the conflict? Satan and his evil angels are watching at every avenue leading to the human heart, seeking to force souls to accept evil suggestions.

The enemy presents bribes to win us to the world, as he presented bribes to Christ in the wilderness of temptation. Unless we depend upon a power out of and above ourselves, the enemy will succeed in accomplishing our ruin. But in looking to Jesus, by studying His life and character, by earnestly desiring to be like Him, our minds will be balanced in the right direction, that we may overcome selfishness, and choose a course of righteousness. . . .

I appeal to the youth: "Choose you this day whom ye will serve." There is a necessity for a decided choice; for Jesus said, "Ye cannot serve God and mammon." . . .

If your heart is filled with love to Christ, it will be demonstrated that He is stronger than the passions which have ruled you, whose indulgence have undermined noble impulses, and left the soul to the mercy of Satan's temptations. . . . When the heart of the sinner is touched, he yields his will to God's will. . . . He sees in Jesus matchless charms, and his heart is captivated. (SD 159)

CHOOSE THE RIGHT SIDE

And he said . . . as captain of the host of the Lord am I now come. And Joshua fell on his face to the earth, and did worship, and said unto him, What saith my Lord unto his servant?

Joshua 5:14

When Joshua went forth in the morning before the taking of Jericho, there appeared before him a warrior fully equipped for battle. And Joshua asked, "Art thou for us, or for our adversaries?" and He answered, "As Captain of the host of the Lord am I now come." If the eyes of Joshua had been opened . . . and he could have endured the sight, he would have seen the angels of the Lord encamped about the children of Israel; for the trained army of heaven had come to fight for the people of God, and the Captain of the Lord's host was there to command. . . . It was not Israel, but the Captain of the Lord's host that took Jericho. But Israel had their part to act to show their faith in the Captain of their salvation.

Battles are to be fought every day. A great warfare is going on over every soul, between the prince of darkness and the Prince of life. There is a great battle to be fought, . . . but you are not to do the main fighting here. As God's agent you are to yield yourselves to Him, that He may plan and direct and fight the battle for you, with your cooperation. The Prince of life is at the head of His work. He is to be with you in your daily battle with self, that you may be true to principle; that passion, when warring for the mastery, may be subdued by the grace of Christ; that you come off more than conqueror through Him that hath loved us. Jesus has been over the ground. He knows the power of every temptation. He knows just how to meet every emergency, and how to guide you through every path of danger.

He who has given His precious life because He loved you, and wanted you to be happy, will be a Captain who will always be mindful of your interest. (SD 160)

BEFRIEND WISE PEOPLE

He that walketh with wise men shall be wise: but a companion of fools shall be destroyed.

Proverbs 13:20

From the earliest years it is necessary to weave into the character principles of stern integrity, that the youth may reach the highest standard of manhood and womanhood. . . . The youth should seriously consider what shall be their purpose and life work, and lay the foundation in such a way that their habits shall be free from all taint of corruption. If they would stand in a position where they shall influence others, they must be self-reliant. . . .

We may learn a lesson from the lily, and although surrounded with influences that would tend to corrupt the morals, and bring ruin upon the soul, we may refuse to be corrupted, and place ourselves where evil association shall not corrupt our hearts. Individually the youth should seek for association with those who are toiling upward with unfaltering steps.

Examine your own hearts, judge your own course. Consider what associates you are choosing. Do you seek the company of the wise, or are you willing to choose worldly associates, companions who fear not God, and obey not the gospel?

The only safeguard for children and youth is the love and fear of God. Let them choose for their companions those who give evidence that they will encourage good purposes, orderly habits, and uprightness of character. Let them choose for companions those who practice the Bible truth, and walk according to the light that shines upon their pathway.

If you would have broad views, noble thoughts and aspirations, choose associations that will strengthen right principles. Let every thought and the purpose of every action bend to the securing of the future life, with eternal happiness. (SD 162)

MAXIMIZE ASSOCIATE POWER

Put my name upon the children of Israel, and I will bless them.

Numbers 6:27

God's Word places great stress upon the influence of association, even upon men and women. How much greater is its power on the developing mind and character of children and youth. The company they keep, the principles they adopt, the habits they form, will decide the question of their usefulness here, and of their future, eternal interest. . . .

Through contact with the irreligious, the pleasure-loving, and the corrupt, many, many youth lose the simplicity and purity, the faith in God, and the spirit of self-sacrifice that Christian fathers and mothers have cherished and guarded by careful instruction and earnest prayer. . . .

As a rule, men and women who have broad ideas, unselfish purposes, noble aspirations, are those in whom these characteristics were developed by their associations in early years. In all His dealings with Israel, God urged upon them the importance of guarding the associations of their children. All the arrangements of civil, religious, and social life were made with a view to preserving the children from harmful companionship, and making them, from their earliest years, familiar with the precepts and principles of the law of God.

The object lesson given at the birth of the nation was of a nature deeply to impress all hearts. Before the last terrible judgment came upon the Egyptians in the death of the firstborn, God commanded His people to gather their children into their own homes. The doorpost of every house was marked with blood, and within the protection assured by this token all were to abide. So today parents who love and fear God are to keep their children under "the bond of the covenant," within the protection of those sacred influences made possible through Christ's redeeming blood. (SD 163)

RESIST NEGATIVE PEOPLE

My son, if sinners entice thee, consent thou not. . . . For their feet run to evil, and make haste to shed blood.
Proverbs 1:10, 16

It is not safe for the professed follower of Christ to associate with the careless and reckless; for it is an easy matter to come to view things as they do, and to lose all sense of what it means to be a follower of Jesus. Guard yourself on this one point in particular, do not be influenced and led astray by those you have reason to know, by their words and works, are not in connection with God.

Hear the voice of God: "My son, if sinners entice thee, consent thou not." Those who are controlled by the Spirit of God are to keep their perceptive faculties awake; for the time has come when their integrity and loyalty to God and to one another will be tested. Do not commit the least injustice in order to gain an advantage for yourselves. Do unto others, in small matters as well as in great, as you would that others should do unto you. God says, "Ye are my witnesses." You are to act in My place. Could the curtain be rolled back, you would see the heavenly universe looking with intense interest upon the one who is tempted. If you do not yield to the enemy, there is joy in heaven.

When the first suggestion of wrong is heard, dart a prayer to heaven, and then firmly resist the temptation to tamper with the principles condemned in God's Word. The first time the temptation comes, meet it in such a decided manner that it will never be repeated. Turn from the one who has ventured to present wrong practises to you. Resolutely turn from the tempter, saying, I must separate from your influence; for I know you are not walking in the footsteps of our Saviour.

Even though you may not feel able to speak a word to those who are working on wrong principles, leave them. Your withdrawal and silence may do more than words. . . .

Have courage to do right. (SD 164)

MARRY ACCORDING TO GOD'S WILL

Can two walk together, except they be agreed?

Amos 3:3

The Lord has not changed. . . . He is true, merciful, compassionate, faithful in the performance of His Word, both in promises and threatenings. One of the greatest dangers that besets the people of God today, is that of association with the ungodly; especially in uniting themselves in marriage with unbelievers. With many, the love for the human eclipses the love for the divine. They take the first step in backsliding by venturing to disregard the Lord's express command; and complete apostasy is too often the result. It has ever proved a dangerous thing for men to carry out their own will in opposition to the requirements of God. Yet it is a hard lesson for men to learn that God means what He says. As a rule, those who choose for their friends and companions, persons who reject Christ and trample upon God's law, eventually become of the same mind and spirit.

If we would rise to the highest moral excellence, and attain to the perfection of religious character, what discrimination should be used in the formation of friendships, and the choice of a companion for life. . . .

Many who started out in life with as fair and promising a morning, in their limited sphere, as Solomon had in his exalted station, through one false and irrevocable step in the marriage relation, lose their souls, and draw others down to ruin with them. . . . Frivolous companions, who have no depth of principle, turn away the hearts of those who were once noble and true, to vanity, corrupting pleasures, and downright vice.

We should ever feel a deep interest in the salvation of the impenitent, and should manifest toward them a spirit of kindness and courtesy; but we can safely choose for our friends only those who are the friends of God. (SD 165)

READ GOOD BOOKS

Blessed is he that readeth.

Revelation 1:3

We made it a practice to read instructive and interesting books, with the Bible, in the family circle, and our children were always happy as we thus entertained them. Thus we prevented a restless desire to be out in the street with young companions, and at the same time cultivated in them a taste for solid reading. . . . The volumes of "Spirit of Prophecy" [The four-volume Conflict of the Ages series] should be in every family, and should be read aloud in the family circle.

The Testimonies contain instruction which meets the case of all, both parents and children. Should these be read aloud to the entire family, the children as well as the parents would be benefitted by their counsels, warnings, and reproofs. Let the time be devoted to the reading of the Scriptures and other interesting books that will impart knowledge and inculcate right principles. Let the best reader be selected to read aloud, while other members of the family are engaged in useful occupations. Thus these evenings at home may be made both pleasant and profitable.

Children need proper reading, which will afford amusement and recreation, and not demoralize the mind or weary the body.

Most children and young people will have reading matter; and if it is not selected for them, they will select it for themselves. They can find a ruinous quality of reading anywhere, and they soon learn to love it; but if pure and good reading is furnished them, they will cultivate a taste for that.

By practicing rightdoing, a disgust will be created in the heart for that which is low, cheap, and disorderly.

Pure healthful reading will be to the mind what healthful food is to the body. You will thus become stronger to resist temptation, to form right habits, and to act upon right principles. (SD 178)

LISTEN TO GOOD MUSIC

Serve the Lord with gladness: come before his presence with singing.

Psalm 100:2

Let there be singing in the home, of songs that are sweet and pure, and there will be fewer words of censure, and more of cheerfulness and hope and joy. As a part of religious service, singing is as much an act of worship as is prayer. Indeed, many a song is prayer.

I feel alarmed as I witness everywhere the frivolity of young men and young women who profess to believe the truth. They have a keen ear for music, and Satan knows what organs to excite to animate, engross, and charm the mind, so that Christ is not desired. Solemn responsibilities rest upon the young, which they lightly regard. The introduction of music into their homes, instead of inciting to holiness and spirituality, has been the means of diverting their minds from the truth. Frivolous songs and the popular sheet music of the day seem congenial to their taste. The instruments of music have taken time which should have been devoted to prayer. Music, when not abused, is a great blessing; but when put to a wrong use, it is a terrible curse.

What if you have been educated and trained in the art of music, and yet have never been taught to sing the new song? What will all this training amount to, if you have not been properly trained to be members of the Lord's family, sons and daughters of God?

No one who has an indwelling Saviour will dishonor Him before others by producing strains from a musical instrument which call the mind from God and Heaven to light and trifling things.

Music was made to serve a holy purpose, to lift the thoughts to that which is pure, noble, and elevating, and to awaken in the soul devotion and gratitude to God.

As the Lord's army of workers here below sing their songs of praise, the choir above join with them in thanksgiving, ascribing praise to God and to His Son. (SD 179)

FOLLOW THE LIGHT

O send out thy light and thy truth: let them lead me; let them bring me unto thy holy hill, and to thy tabernacles.
Psalm 43:3

The Lord Jesus came to our world full of mercy, life, and light, ready to save those who should come unto Him. But He can save no one against his will. God does not force the conscience; He does not torture the body that He may compel men to compliance with His law. All this work is after the order of Satan.

The Lord has made it apparent that He proffers to the sinner the privilege of cooperating with God. He gives light, and furnishes evidence of the truth. He makes plain what are His requirements, and it is left with the sinner as to whether he will accept the truth, and receive grace and power by which he may comply with every condition, and find rest in giving willing service to Jesus Christ, who has paid the price of his redemption. If the sinner hesitates, and fails to appreciate the light that has reached his intellect and stirred the emotions of his soul, and refuses to render obedience to God, the light grows dim, has less and less force, and finally vanishes from his view.

Those who fail to appreciate the first rays of light, will not heed more decided evidences of the truth. If the tender appeals of God fail to meet with a response in the heart of the sinner, the first impressions made upon his mind lose their significance, and he is finally left in darkness. The invitation is full of love. The light is as bright when he finally refuses it, as when it first dawned upon his soul; but through rejection of light, his soul becomes full of darkness, and does not realize what is the peril of disregarding the light. Christ says to such a soul, "Yet a little while is the light with you."

Today make your calling and election sure. Peter gives a copy of the best life insurance policy in the world. He says: "Grace and peace be multiplied unto you . . . according as his divine power hath given unto us all things that pertain unto life and godliness." (SD 182)

DEDICATE THEIR BODIES TO GOD

What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? for ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

1 Corinthians 6:19, 20

Life is a gift of God. Our bodies have been given us to use in God's service, and He desires that we shall care for and appreciate them. Our bodies must be kept in the best possible condition physically, and under the most spiritual influences.

A pure, healthy life is most favorable for the perfection of Christian character and for the development of the powers of mind and body.

The law of temperance must control the life of every Christian. God is to be in all our thoughts; His glory is ever to be kept in view. We must break away from every influence that would captivate our thoughts and lead us from God. We are under sacred obligations to God so to govern our bodies and rule our appetites and passions that they will not lead us away from purity and holiness, or take our minds from the work God requires us to do.

Those who serve God in sincerity and truth will be a peculiar people, unlike the world, separate from the world. Their food will be prepared, not to encourage gluttony or gratify a perverted taste, but to secure to themselves the greatest physical strength, and consequently the best mental conditions.

Our heavenly Father has bestowed upon us the great blessing of health reform, that we may glorify Him by obeying the claims He has upon us. The harmonious, healthy action of all the powers of body and mind results in happiness; the more elevated and refined the powers, the more pure and unalloyed the happiness. (ML 125)

UNDERSTAND THEIR ROOTS

And God said, Let us make man in our image, after our likeness.

Genesis 1:26

Man was the crowning act of the creation of God, made in the image of God, and designed to be a counterpart of God. Man is very dear to God, because he was formed in His own image.

As Adam came forth from the hand of his Creator he was of noble height and of beautiful symmetry. He was more than twice as tall as men now living upon the earth, and was well proportioned. His features were perfect and beautiful. His complexion was neither white nor sallow, but ruddy, glowing with the rich tint of health. Eve was not quite as tall as Adam. Her head reached a little above his shoulders. She too was noble, perfect in symmetry, and very beautiful.

Man came from the hand of God perfect in every faculty of mind and body; in perfect soundness, therefore in perfect health.

God endowed man with so great vital force that he has withstood the accumulation of disease brought upon the race in consequence of perverted habits, and has continued for six thousand years.

If Adam, at his creation, had not been endowed with twenty times as much vital force as men now have, the race, with their present habits of living in violation of natural law, would have become extinct.

Created to be "the image and glory of God," Adam and Eve had received endowments not unworthy of their high destiny. Graceful and symmetrical in form, regular and beautiful in feature, their countenances glowing with the tint of health and the light of joy and hope, they bore in outward resemblance the likeness of their Maker. (ML 126)

VALUE THEIR BODIES

I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.

Psalm 139:14

The mechanism of the human body cannot be fully understood; it presents mysteries that baffle the most intelligent. It is not as the result of a mechanism, which, once set in motion, continues its work, that the pulse beats, and breath follows breath. The beating heart, the throbbing pulse, every nerve and muscle in the living organism, is kept in order and activity by the power of an ever-present God.

The Creator of man has arranged the living machinery of our bodies. Every function is wonderfully and wisely made. And God has pledged Himself to keep this human machinery in healthful action if the human agent will obey His laws and cooperate with God. Every law governing the human machinery is to be considered just as truly divine in origin, in character, and in importance as the Word of God. Every careless, inattentive action, any abuse put upon the Lord's wonderful mechanism, by disregarding His specified laws in the human habitation, is a violation of God's law. We may behold and admire the work of God in the natural world, but the human habitation is the most wonderful.

This living machinery is to be understood. Every part of its wonderful mechanism is to be carefully studied.

As in the study of physiology they see that they are indeed "fearfully and wonderfully made," they will be inspired with reverence. Instead of marring God's handiwork, they will have an ambition to make all that is possible of themselves, in order to fulfill the Creator's glorious plan. Thus they will come to regard obedience to the laws of health, not as a matter of sacrifice or self-denial, but as it really is an inestimable privilege and blessing. (ML 127)

REALIZE THE BODY LAWS

God hath made man upright; but they have sought out many inventions.

Ecclesiastes 7:29

The health reform is an important part of the third angel's message; and as a people professing this reform, we should not retrograde, but make continual advancement. It is a great thing to ensure health by placing ourselves in right relations to the laws of life.

Among the first things to be aimed at should be a correct position, both in sitting and in standing. God made man upright, and He desires him to possess not only the physical but the mental and moral benefit, the grace and dignity and self-possession, the courage and self-reliance, which an erect bearing so greatly tends to promote.

The lungs should be allowed the greatest freedom possible. Their capacity is developed by free action; it diminishes if they are cramped and compressed. Hence the ill effects of the practice so common, especially in sedentary pursuits of stooping at one's work. In this position it is impossible to breathe deeply. Superficial breathing soon becomes a habit, and the lungs lose their power to expand. Thus an insufficient supply of oxygen is received. The blood moves sluggishly.

Next in importance to right position are respiration and vocal culture. The one who sits and stands erect is more likely than others to breathe properly. To ensure correct delivery in reading and speaking, see that the abdominal muscles have full play in breathing, and that the respiratory organs are unrestricted. Let the strain come on the muscles of the abdomen rather than on those of the throat. Great weariness and serious disease of the throat and lungs may thus be prevented.

In order to enjoy good health, we must ask the Lord to bless us, and then do what we can to place ourselves under conditions the most favorable to health. (ML 128)

HABITUATE CLEANLINESS

Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water.

Hebrews 10:22

Scrupulous cleanliness is essential to both physical and mental health. Impurities are constantly thrown off from the body through the skin. Its millions of pores are quickly clogged unless kept clean by frequent bathing, and the impurities which should pass off through the skin become an additional burden to the other eliminating organs. A bath, properly taken, fortifies against cold, because it improves the circulation; the blood is brought to the surface, and a more easy and regular flow is obtained. The mind and the body are alike invigorated. The muscles become more flexible, the intellect is made brighter. The bath is a soother of the nerves.

Teach the little ones that God is not pleased to see them with unclean bodies and untidy, torn garments. Having the clothing neat and clean will be one means of keeping the thoughts pure and sweet. Especially should every article which comes in contact with the skin be kept clean.

Truth never places her delicate feet in a path of uncleanness or impurity. He who was so particular that the children of Israel should cherish habits of cleanliness will not sanction any impurity in the homes of His people today. God looks with disfavor on uncleanness of any kind.

Unclean, neglected corners in the house will tend to make impure, neglected corners in the soul.

Perfect cleanliness, plenty of sunlight, careful attention to sanitation in every detail of the home life, are essential to freedom from disease and to the cheerfulness and vigor of the inmates of the home.

Heaven is pure and holy, and those who pass through the gates of the city of God must here be clothed with inward and outward purity. (ML 129)

PRACTICE NEWSTART . . . NUTRITION

Wherefore do ye spend money for that which is not bread? and your labour for that which satisfieth not? hearken diligently unto me, and eat ye that which is good, and let your soul delight itself in fatness.

Isaiah 55:2

Health reform is an intelligent selection of the most healthful article of food prepared in the most healthful, simplest form.

Our bodies are built up from the food we eat. There is a constant breaking down of the tissues of the body; every movement of every organ involves waste, and this waste is repaired from our food. Each organ of the body requires its share of nutrition. The brain must be supplied with its portion; the bones, muscles, and nerves demand theirs. It is a wonderful process that transforms the food into blood and uses this blood to build up the varied parts of the body; but this process is going on continually, supplying with life and strength each nerve, muscle, and tissue.

God has furnished man with abundant means for the gratification of an unperverted appetite. He has spread before him the products of the earth–a bountiful variety of food that is palatable to the taste and nutritious to the system. Of these our benevolent heavenly Father says we may freely eat. Fruits, grains, and vegetables, prepared in a simple way, free from spice and grease of all kinds, make, with milk or cream, the most healthful diet. They impart nourishment to the body and give a power of endurance and a vigor of intellect that are not produced by a stimulating diet.

Let the table be made inviting and attractive, as it is supplied with the good things which God has so bountifully bestowed. Let mealtime be a cheerful, happy time. As we enjoy the gifts of God, let us respond by grateful praise to the Giver.

God has given us the fruits and grains of the earth for food, that we might have unfevered blood, calm nerves, and clear minds. (ML 132)

PRACTICE NEWSTART . . . EXERCISE

The glory of young men is their strength.

Proverbs 20:29

Another precious blessing is proper exercise. Each organ and muscle has its work to do in the living organism. Every wheel in the machinery must be a living, active, working wheel. Nature's fine and wonderful works need to be kept in active motion in order to accomplish the object for which they were designed.

Bind up an arm, even for a few weeks, then free it from its bands, and you will see that it is weaker than the one you have been using moderately during the same time. Inactivity produces the same effect upon the whole muscular system.

Inactivity is a fruitful cause of disease. Exercise quickens and equalizes the circulation of the blood.

For a healthy young man, stern, severe exercise is strengthening to the whole system. Without such exercise the mind cannot be kept in working order. It becomes inactive, unable to put forth the sharp, quick action that will give scope to its powers.

All the heavenly beings are in constant activity, and the Lord Jesus, in His lifework, has given an example for every one. He went about "doing good." God has established the law of obedient action. Silent but ceaseless, the objects of His creation do their appointed work. The ocean is in constant motion. The springing grass, which today is, and tomorrow is cast into the oven, does its errand, clothing the fields with beauty. The leaves are stirred to motion, and yet no hand is seen to touch them. The sun, moon, and stars are useful and glorious in fulfilling their mission. And man, his mind and body created in God's own similitude, must be active in order to fill his appointed place.

Action gives power. (ML 130)

PRACTICE NEWSTART . . . WATER

Jesus answered and said unto her, Whosoever drinketh of this water shall thirst again: but whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life.

John 4:13

In health and in sickness pure water is one of Heaven's choicest blessings. Its proper use promotes health. It is the beverage which God provided to quench the thirst of animals and man. Drunk freely, it helps to supply the necessities of the system and assists nature to resist disease. The external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood.

Pure water to drink and fresh air to breathe invigorate the vital organs, purify the blood, and help nature in her task of overcoming the bad conditions of the system.

Water is the best liquid possible to cleanse the tissues.

If those who are afflicted would assist nature in her efforts by the use of pure, soft water, much suffering would be prevented.

Water treatments, wisely and skillfully given, may be the means of saving many lives. Let diligent study be united with careful treatments. Let prayers of faith be offered by the bedside of the sick. Let the sick be encouraged to claim the promises of God for themselves.

The refreshing water, welling up in a parched and barren land, causing the desert place to blossom and flowing out to give life to the perishing, is an emblem of the divine grace which Christ alone can bestow, and which is as the living water, purifying, refreshing, and invigorating the soul. In the East water was called the "gift of God." (ML 139)

PRACTICE NEWSTART . . . SUNLIGHT

Truly the light is sweet, and a pleasant thing it is for the eyes to behold the sun.

Ecclesiastes 11:7

There are but few who realize that, in order to enjoy health and cheerfulness, they must have an abundance of sunlight, pure air, and physical exercise. We pity little children who are kept confined indoors when the sun is shining gloriously without.

Clothe your boys and girls comfortably and properly. Then let them go out and exercise in the open air, and live to enjoy health and happiness.

The pale and sickly grain-blade that has struggled up out of the cold of early spring puts out the natural and healthy deep green after enjoying for a few days the health-and-life-giving rays of the sun. Go out into the light and warmth of the glorious sun, . . . and share with vegetation its life-giving, healing power.

No room in the house should be considered furnished and adorned without the cheering, enlivening light and sunshine, which are Heaven's own free gift to man.

When God had made our world, and darkness was upon the face of the deep, he said, Let there be light, and there was light. And God saw the light that it was good. Shall we close our houses, and exclude from them the light which God has pronounced good?

If you would have your homes sweet and inviting, make them bright with air and sunshine. The precious sunlight may fade your carpets, but it will give a healthful color to the cheeks of your children. If you have God's presence, and possess earnest, loving hearts, a humble home, made bright with air and sunlight . . . will be to your family . . . a heaven below.

Exercise and a free abundant use of the air and sunlight–blessings which Heaven has freely bestowed upon all–would give life and strength. (ML 138)

PRACTICE NEWSTART . . . TEMPERANCE

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

2 Timothy 1:7

Every organ of the body was made to be servant of the mind. The brain is the capital of the body, the seat of all the nervous forces and of mental action. The nerves proceeding from the brain control the body. By the brain nerves, mental impressions are conveyed to all the nerves of the body as by telegraph wires; and they control the vital action of every part of the system. All the organs of motion are governed by the communications they receive from the brain.

The brain nerves which communicate with the entire system are the only medium through which Heaven can communicate with man and affect his inmost life. Whatever disturbs the circulation of the electric currents in the nervous system lessens the strength of the vital powers, and the result is a deadening of the sensibilities of the mind.

Any part of the body that is not treated with consideration will telegraph its injury to the brain.

It is not only the privilege, but the sacred duty, of all to understand the laws God has established in their beings. And as they more fully understand the human body, . . . they will seek to bring their bodies into subjection to the noble powers of the mind. The body will be regarded by them as a wonderful structure, formed by the Infinite Designer, and given in their charge to keep this harp of a thousand strings in harmonious action.

To make a success of Christian life, the development of sound minds in sound bodies is of the greatest importance.

The harmonious, healthy action of all the powers of body and mind results in happiness; the more elevated and refined the powers, the more pure and unalloyed the happiness. (ML 148)

PRACTICE NEWSTART . . . AIR

He giveth to all life, and breath, and all things.

Acts 17:25

Air is the free blessing of heaven, calculated to electrify the whole system.

The lungs are constantly throwing off impurities, and they need to be constantly supplied with fresh air.

We are more dependent upon the air we breathe than upon the food we eat. Men and women, young and old, who desire health, and who would enjoy active life, should remember that they cannot have these without a good circulation. Whatever their business and inclinations, they should make up their minds to exercise in the open air as much as they can. They should feel it a religious duty to overcome the conditions of health which have kept them confined indoors, deprived of exercise in the open air.

Air, the precious boon of heaven, which all may have, will bless you with its invigorating influence if you will not refuse it entrance. Welcome it, cultivate a love for it, and it will prove a precious soother of the nerves. The influence of pure, fresh air is to cause the blood to circulate healthfully through the system. It refreshes the body and tends to render it strong and healthy, while at the same time its influence is decidedly felt upon the mind, imparting a degree of composure and serenity. It excites the appetite and renders the digestion of food more perfect, and induces sound, sweet sleep.

The pure, invigorating air of heaven is God's free gift to men and women, and it is impossible for them to be cheerful, healthful, and happy unless they appreciate these rich bounties and allow them to answer the purpose for which they were designed.

The free, pure air of heaven is one of the richest blessings we can enjoy. (ML 137)

PRACTICE NEWSTART . . . REST

And he said unto them, Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat.

Mark 6:31

Though time is short, and there is a great work to be done, the Lord is not pleased to have us so prolong our seasons of activity that there will not be time for periods of rest, for the study of the Bible, and for communion with God. All this is essential to fortify the soul, to place us in a position where we shall receive wisdom from God to employ our talents in the Master's service to the highest account.

When Jesus said the harvest was great and the laborers were few, He did not urge upon His disciples the necessity of ceaseless toil. He tells His disciples that their strength has been severely tried, that they will be unfitted for future labor unless they rest awhile. In the name of Jesus, economize your powers, that after being refreshed with rest, you may do more and better work.

When the disciples related all their experience to Jesus, He understood their need. Their labor had greatly elated and encouraged them, but it had also worn upon them. A desert place did not mean a waste and solitary wilderness, but a place of retirement and quiet, pleasant to the eyes and invigorating to the body. They sought such a place near a favorite resort on the sea of Galilee.

The Christian life is not made up of unceasing activity or of continual meditation. He knew that a season of rest and recreation, apart from the multitude and the scene of their labors, would invigorate them, and He sought to withdraw them from the busy cities to a quiet resort where they might have a season of precious fellowship with Him and with each other. The disciples of Jesus needed to be educated as to how they should labor and how they should rest. Today there is need that God's chosen workmen should listen to the command of Christ to go apart and rest awhile. (ML 133)

PRACTICE NEWSTART . . . TRUST IN DIVINE POWER

Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.

1 Cor. 10:31

In order to preserve health, temperance in all things is necessary–temperance in labor, temperance in eating and drinking. Our heavenly Father sent the light of health reform . . . that those who love purity and holiness may know how to use with discretion the good things He has provided for them, and that by exercising temperance in daily life they may be sanctified through the truth.

Great care should be taken to form right habits of eating and drinking. The food eaten should be that which will make the best blood. The delicate organs of digestion should be respected. God requires us, by being temperate in all things, to act our part toward keeping ourselves in health. . . . The spiritual experience is greatly affected by the way in which the stomach is treated. Eating and drinking in accordance with the laws of health promote virtuous actions.

Principle should rule instead of appetite or fancy. It means much to be true to God. He has claims upon all who are engaged in His service. He desires that mind and body be preserved in the best condition of health, every power and endowment under the divine control, and as vigorous as careful, strictly temperate habits can make them. Temperance in eating, drinking, sleeping, and dressing is one of the grand principles of the religious life. Truth brought into the sanctuary of the soul will guide in the treatment of the body.

The better you observe the laws of health, the more clearly can you discern temptations, and resist them, and the more clearly can you discern the value of eternal things. May the Lord help you to make the most of your present opportunities and privileges, that you may daily gain new victories, and finally enter the city of God, as those who have overcome by the blood of the Lamb and the word of their testimony. (ML 141)

VALUE TIME

So teach us to number our days, that we may apply our hearts unto wisdom.

Psalm 90:12

Our time belongs to God. Every moment is His, and we are under the most solemn obligation to improve it to His glory. Of no talent He has given will He require a more strict account than of our time.

The value of time is beyond computation. Christ regarded every moment as precious, and it is thus that we should regard it. Life is too short to be trifled away. We have but a few days of probation in which to prepare for eternity. We have no time to waste, no time to devote to selfish pleasure, no time for the indulgence of sin. It is now that we are to form characters for the future, immortal life. It is now that we are to prepare for the searching judgment.

The human family have scarcely begun to live when they begin to die. The man who appreciates time as his working day will fit himself for a mansion and for a life that is immortal. It is well that he was born. We are admonished to redeem the time. But time squandered can never be recovered. We cannot call back even one moment. The only way in which we can redeem our time is by making the most of that which remains, by being co-workers with God in His great plan of redemption.

Every moment is freighted with eternal consequences. We are to stand as minute men, ready for service at a moment's notice. The opportunity that is now ours to speak to some needy soul the word of life may never offer again. God may say to that one, "This night thy soul shall be required of thee," and through our neglect he may not be ready (Luke 12:20). In the great judgment day, how shall we render our account to God? (FLB 158)

EXERCISE BUSINESS INITIATIVE

Not slothful in business; fervent in spirit; serving the Lord.
Romans 12:11

The life of Christ from His earliest years was a life of earnest activity. He lived not to please Himself. He was the Son of the infinite God, yet He worked at the carpenter's trade with His father Joseph. His trade was significant. He had come into the world as the character builder, and as such all His work was perfect. Into all His secular labor He brought the same perfection as into the characters He was transforming by His divine power. He is our pattern.

It is the duty of every Christian to acquire habits of order, thoroughness, and dispatch. There is no excuse for slow bungling at work of any character. When one is always at work and the work is never done, it is because mind and heart are not put into the labor. The exercise of the will power will make the hands move deftly.

The Bible gives no indorsement to idleness. It is the greatest curse that afflicts our world. Every man and woman who is truly converted will be a diligent worker.

Upon the right improvement of our time depends our success in acquiring knowledge and mental culture. The cultivation of the intellect need not be prevented by poverty, humble origin, or unfavorable surroundings. Only let the moments be treasured. A few moments here and a few there, that might be frittered away in aimless talk; the morning hours so often wasted in bed; the time spent in traveling on trams or railway cars, or waiting at the station; the moments of waiting for meals, waiting for those who are tardy in keeping an appointment–if a book were kept at hand, and these fragments of time were improved in study, reading, or careful thought, what might not be accomplished. A resolute purpose, persistent industry, and careful economy of time, will enable men to acquire knowledge and mental discipline which will qualify them for almost any position of influence and usefulness. (FLB 159)

FAITHFULLY PRACTICE STEWARDSHIP

Honour the Lord with thy substance, and with the firstfruits of all thine increase: so shall thy barns be filled with plenty, and thy presses shall burst out with new wine.

Proverbs 3:9, 10

This scripture teaches that God, as the giver of all our benefits, has a claim upon them all; that His claim should be our first consideration; and that a special blessing will attend all who honor this claim.

Herein is set forth a principle that is seen in all God's dealings with men. The Lord placed our first parents in the Garden of Eden. He surrounded them with everything that could minister to their happiness, and He bade them acknowledge Him as the possessor of all things. In the Garden He caused to grow every tree that was pleasant to the eye or good for food; but among them He made one reserve. Of all else, Adam and Eve might freely eat; but of this one tree God said, "Thou shalt not eat of it." Here was the test of their gratitude and loyalty to God.

So the Lord has imparted to us heaven's richest treasure in giving us Jesus. With Him He has given us all things richly to enjoy.

God . . . entrusts men with means. He gives them power to get wealth.

Our money has not been given us that we might honor and glorify ourselves. As faithful stewards we are to use it for the honor and glory of God. Some think that only a portion of their means is the Lord's. When they have set apart a portion for religious and charitable purposes, they regard the remainder as their own, to be used as they see fit. But in this they mistake. All we possess is the Lord's, and we are accountable to Him for the use we make of it. In the use of every penny, it will be seen whether we love God supremely and our neighbor as ourselves. Money has great value, because it can do great good. In the hands of God's children it is food for the hungry, drink for the thirsty, and clothing for the naked. But money is of no more value than sand, only as it is put to use in providing for the necessities of life, in blessing others, and advancing the cause of Christ. FLB 160)

PASS THE MONEY TEST

Awake to righteousness, and sin not; for some have not the knowledge of God: I speak this to your shame.

1 Corinthians 15:34

A decided advancement in spirituality, piety, charity, and activity, has been made . . . in the ____ church. Discourses were preached on the sin of robbing God in tithes and offerings.

Many confessed that they had not paid tithes for years; and we know that God cannot bless those who are robbing Him, and that the church must suffer in consequence of the sin of its individual members.

One brother said that for two years he had not paid his tithes, and he was in despair; but as he confessed his sin, he began to gather hope. "What shall I do?" he asked.

I said, "Give your note to the treasurer of the church; that will be businesslike."

He thought that was a rather strange request; but he sat down, and began to write, "For value received, I promise to pay–" He looked up, as if to say, Is that the proper form in which to write out a note to the Lord?

"Yes," he continued, "for value received. Have I not been receiving the blessings of God day after day? Have not the angels guarded me? Has not the Lord blessed me with all spiritual and temporal blessings? For value received, I promise to pay the sum of $571.50 to the church treasurer." After doing all he could do on his part, he was a happy man. In a few days he took up his note, and paid his tithe into the treasury. He had also made a Christmas donation of $125.

Another brother gave a note for $1,000, expecting to meet it in a few weeks; and another gave a note for $300.

If you have robbed the Lord, make restitution. As far as possible, make the past right, and then ask the Saviour to pardon you. Will you not return to the Lord His own, before this year, with its burden of record, has passed into eternity? (FLB 161)

UNSELFISHLY SHARE

I have shewed you all things, how that so labouring ye ought to support the weak, and to remember the words of the Lord Jesus, how he said, It is more blessed to give than to receive.

Acts 20:35

We should regard ourselves as stewards of the Lord's property and God as the supreme proprietor, to whom we are to render His own when He shall require it. . . ..

The servants of God should be making their wills every day in good works and liberal offerings to God. Dying legacies are a miserable substitute for living benevolence.

Hoarded wealth is not merely useless, it is a curse. In this life it is a snare to the soul, drawing the affections away from the heavenly treasure. In the great day of God its witness to unused talents and neglected opportunities will condemn its possessor. He who realizes that his money is a talent from God will use it economically, and will feel it a duty to save that he may give.

It is utter folly to defer to make a preparation for the future life until nearly the last hour of the present life. It is also a great mistake to defer to answer the claims of God for liberality to His cause until the time comes when you are to shift your stewardship upon others. Those to whom you entrust your talents of means may not do as well with them as you have done. How dare rich men run so great risks! Those who wait till death before they make a disposition of their property, surrender it to death rather than to God. In so doing many are acting directly contrary to the plan of God plainly stated in His Word. If they would do good they must seize the present golden moments and labor with all their might, as if fearful that they may lose the favorable opportunity.

We must all be rich in good works in this life if we would secure the future, immortal life. When the judgment shall sit and the books shall be opened, every man will be rewarded according to his works. (FLB 162)

FOLLOW THE SUCCESS FORMULA

And he said unto him, Well, thou good servant: because thou hast been faithful in a very little, have thou authority over ten cities.

Luke 19:17

Talents used are talents multiplied. Success is not the result of chance or of destiny; it is the outworking of God's own providence, the reward of faith and discretion, of virtue and persevering effort. The Lord desires us to use every gift we have; and if we do this, we shall have greater gifts to use. He does not supernaturally endow us with the qualifications we lack; but while we use that which we have, He will work with us to increase and strengthen every faculty.

Through faith in the power of God, it is wonderful how strong a weak man may become, how decided his efforts, how prolific of great results. He who begins with a little knowledge, in a humble way, and tells what he knows, while seeking diligently for further knowledge, will find the whole heavenly treasure awaiting his demand. The more he seeks to impart light, the more light he will receive.

The man [in the parable] who received the one talent "went and digged in the earth, and hid his lord's money."

It was the one with the smallest gift who left his talent unimproved. In this is given a warning to all who feel that the smallness of their endowments excuses them from service for Christ. If they could do some great thing, how gladly would they undertake it; but because they can serve only in little things, they think themselves justified in doing nothing. In this they err. The Lord in His distribution of gifts is testing character. The man who neglected to improve his talent proved himself an unfaithful servant. Had he received five talents, he would have buried them as he buried the one.

However small your talent, God has a place for it. That one talent, wisely used, will accomplish its appointed work. By faithfulness in little duties, we are to work on the plan of addition, and God will work for us on the plan of multiplication. These littles will become the most precious influence in His work. (FLB 163)

CREDIT ORIGINS AND SUSTENANCE

For with thee is the fountain of life: in thy light shall we see light.

Psalm 36:9

All created beings live by the will and power of God. They are dependent recipients of the life of God. From the highest seraph to the humblest animate being, all are replenished from the Source of life.

The youth need to understand the deep truth underlying the Bible statement that with God "is the fountain of life." Not only is He the originator of all, but He is the life of everything that lives. It is His life that we receive in the sunshine, in the pure, sweet air, in the food which builds up our bodies and sustains our strength. It is by His life that we exist, hour by hour, moment by moment. Except as perverted by sin, all His gifts tend to life, to health and joy.

A mysterious life pervades all nature–a life that sustains the unnumbered worlds throughout immensity, that lives in the insect atom which floats in the summer breeze, that wings the flight of the swallow and feeds the young ravens which cry, that brings the bud to blossom and the flower to fruit.

The same power that upholds nature is working also in man. The laws that govern the heart's action, regulating the flow of the current of life to the body, are the laws of the mighty Intelligence that has the jurisdiction of the soul. From Him all life proceeds. Only in harmony with Him can be found its true sphere of action. For all the objects of His creation the condition is the same–a life sustained by receiving the life of God, a life exercised in harmony with the Creator's will. To transgress His law, physical, mental, or moral, is to place one's self out of harmony with the universe.

To him who learns thus to interpret its teachings, all nature becomes illuminated; the world is a lesson book, life a school. The unity of man with nature and with God, the universal dominion of law, the results of transgression, cannot fail of impressing the mind and molding the character. (FLB 164)

DRESS FOR SUCCESS

She is not afraid of the snow for her household: for all her household are clothed with scarlet [double garments, margin].

Proverbs 31:21

Our clothing, while modest and simple, should be of good quality, of becoming colors, and suited for service. It should be chosen for durability rather than display. It should provide warmth and proper protection. The wise woman described in the Proverbs "is not afraid of the snow for her household: for all her household are clothed with double garments." (ML 145.2)

Our dress should be cleanly. Uncleanliness in dress is unhealthful, and thus defiling to the body and to the soul. . . .

In all respects the dress should be healthful. "Above all things" God desires us to be "in health"–health of body and of soul. And we are to be workers together with Him for the health of both soul and body. Both are promoted by healthful dress.

It should have the grace, the beauty, the appropriateness of natural simplicity. Christ has warned us against the pride of life, but not against its grace and natural beauty. He pointed to the flowers of the field, to the lily unfolding in its purity, and said, "Even Solomon in all his glory was not arrayed like one of these." Thus by the things of nature Christ illustrates the beauty that Heaven values, the modest grace, the simplicity, the purity, the appropriateness, that would make our attire pleasing to Him.

Perfect health depends upon perfect circulation. Special attention should be given to the extremities, that they may be as thoroughly clothed as the chest and region over the heart.

Let our sisters dress plainly, as many do, having the dress of good material, durable, modest, appropriate for this age, and let not the dress question fill the mind. (ML 145)

NURTURE A PEACEFUL MIND-SET

Great peace have they which love thy law: and nothing shall offend them.

Psalm 119:165

If the mind is free and happy, from a consciousness of rightdoing and a sense of satisfaction in causing happiness to others, it creates a cheerfulness that will react upon the whole system, causing a freer circulation of the blood and a toning up of the entire body. The blessing of God is a healing power, and those who are abundant in benefitting others will realize that wondrous blessing in both heart and life.

Those who follow the path of wisdom and holiness will not be troubled with vain regrets over misspent hours, neither will they be troubled with gloom or horror of mind, as some are, unless engaged in vain, trifling amusements.

Amusements excite the mind, but depression is sure to follow. Useful labor and physical exercise will have a more healthful influence upon the mind and will strengthen the muscles, improve the circulation, and will prove a powerful agent in the recovery of health.

The consciousness of rightdoing is the best medicine for diseased bodies and minds. The special blessing of God resting upon the receiver is health and strength.

Doing good is a work that benefits both giver and receiver. If you forget self in your interest for others, you gain a victory over your infirmities. The satisfaction you will realize in doing good will greatly aid you in the recovery of the healthy tone of the imagination. The pleasure of doing good animates the mind and vibrates through the whole body.

A person whose mind is quiet and satisfied in God is in the pathway to health. (ML 150)

UNDERSTAND A SECRET TO HEALTH

A merry [rejoicing] heart doeth good like a medicine.
Proverbs 17:22

The relation that exists between the mind and the body is very intimate. When one is affected the other sympathizes. The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces and to invite decay and death.

Disease is sometimes produced, and is often greatly aggravated, by the imagination. Many are lifelong invalids who might be well if they only thought so.

Courage, hope, faith, sympathy, love, promote health and prolong life. A contented mind, a cheerful spirit, is health to the body and strength to the soul.

Gratitude, rejoicing, benevolence, trust in God's love and care–these are health's greatest safeguard.

The power of the will and the importance of self-control, both in the preservation and in the recovery of health, the depressing and even ruinous effect of anger, discontent, selfishness, or impurity, and, on the other hand, the marvelous life-giving power to be found in cheerfulness, unselfishness, gratitude, should also be shown.

There is a physiological truth–truth that we need to consider–in the scripture, "A merry [rejoicing] heart doeth good like a medicine."

The true principles of Christianity open before all a source of inestimable happiness.

We should encourage a cheerful, hopeful, peaceful frame of mind; for our health depends upon our so doing. (ML 151)

UTILIZE FORGIVENESS POWER

Bless the Lord, O my soul, and forget not all his benefits: who forgiveth all thine iniquities; who healeth all thy diseases.

Psalm 103:2, 3

The Saviour ministered to both the soul and the body. The gospel which He taught was a message of spiritual life and of physical restoration. Deliverance from sin and healing of disease were linked together. The same ministry is committed to the Christian physician. He is to unite with Christ in relieving both the physical and spiritual needs of his fellowmen. He is to be to the sick a messenger of mercy, bringing to them a remedy for the diseased body and for the sin-sick soul.

When the poor paralytic was brought to the house where Jesus was teaching, a dense crowd surrounded the door, barring every way of access to the Saviour. But faith and hope had been kindled in the heart of the poor sufferer, and he proposed that his friends take him to the rear of the house, break up the roof, and let him down into the presence of Christ. The suggestion was acted upon; as the afflicted one lay at the feet of the mighty Healer, all that man could do for his restoration had been done. Jesus knew that the sufferer had been tortured with a sense of his sins, and that he must first find relief from this burden. With a look of tenderest compassion, the Saviour addressed him, not as a stranger, or even a friend, but as one who had even then been received into the family of God: "Son, be of good cheer; thy sins be forgiven thee."

Many are suffering from maladies of the soul far more than from diseases of the body, and they will find no relief until they shall come to Christ, the wellspring of life. Complaints of weariness, loneliness, and dissatisfaction will then cease. Satisfying joys will give vigor to the mind and health and vital energy to the body.

Today Christ is feeling the woes of every sufferer. He knows how to speak the word, "Be whole," and bid the sufferer, "Go, and sin no more." (ML 154)

USE THE BIBLE AS A LIFE HANDBOOK

I have rejoiced in the way of thy testimonies, as much as in all riches. I will delight myself in thy statutes: I will not forget thy word.

Psalm 119:14-16

The Bible presents to our view the unsearchable riches and immortal treasures of heaven. Man's strongest impulse urges him to seek his own happiness, and the Bible recognizes this desire and shows us that all heaven will unite with man in his efforts to gain true happiness. It reveals the condition upon which the peace of Christ is given to men. It describes a home of everlasting happiness and sunshine, where no tears nor want shall ever be known.

That blessed book will teach you to be honest, temperate in all things, frugal, industrious, truthful, and upright. Its counsels heeded will make you a faithful companion of youth, giving you an influence that will ever lead upward, to purity of character; an influence that will lead away from sin, into paths of righteousness.

Will such a life be without enjoyment? Ah, no! It will be full of comfort, full of satisfaction, because you are bringing heaven into your life, peace into your soul, and leaving a testimony that "the law of the Lord is perfect, converting the soul.". . .

I would that all the young could understand how precious is the offering of a youthful heart to God. How lovingly the angels guard the steps of God-fearing, God-loving youth. Jesus knows them by name, and their example is helping other youth to do right. The youth who has hidden within the heart and mind a store of God's words of caution and encouragement, of His precious pearls of promise, from which he can draw at any time, will be a living channel of light. He has connection with the Source of all light. The Sun of Righteousness sends its light and healing beams into his soul, irradiating rays of light to all around him. (ML 160)

RESPECT SENIORS

Thou shalt rise up before the hoary head, and honour the face of the old man, and fear thy God: I am the Lord.
Leviticus 19:32

There are services due to others which we cannot ignore and yet keep the commandments of God. To live, think, and act for self only is to become useless as servants of God. . . .

We have in our ranks too many who are restless, talkative, self-commending, and who take the liberty to put themselves forward, having no reverence for age, experience, or office. The church is suffering today for help of an opposite character–modest, quiet, God-fearing men, who will bear disagreeable burdens when laid upon them, not for the name, but to render service to their Master, who died for them. Persons of this character do not think it detracts from their dignity to rise up before the ancient and to treat gray hairs with respect.

Those who fear and reverence God, He will delight to honor. Man may be so elevated as to form the connecting link between heaven and earth. He came from the hand of his Creator with a symmetrical character, endowed with such capacities for improvement that, combining divine influence with human efforts, he might elevate himself almost to an angel's sphere. Yet, when thus elevated, he will be unconscious of his goodness and greatness.

And God has especially enjoined tender respect toward the aged. He says, "The hoary head is a crown of glory, if it be found in the way of righteousness." It tells of battles fought, and victories gained; of burdens borne, and temptations resisted. It tells of weary feet nearing their rest, of places soon to be vacant. Help the children to think of this, and they will smooth the path of the aged by their courtesy and respect and will bring grace and beauty into their young lives as they heed the command to "rise up before the hoary head, and honour the face of the old man." (ML 279)

GIVE GOD RESPECT

God is greatly to be feared in the assembly of the saints, and to be had in reverence of all them that are about him.

Psalm 89:7

Another precious grace that should be carefully cherished is reverence. True reverence for God is inspired by a sense of His infinite greatness and a realization of His presence. With this sense of the Unseen the heart of every child should be deeply impressed. The hour and place of prayer and the services of public worship the child should be taught to regard as sacred because God is there. And as reverence is manifested in attitude and demeanor, the feeling that inspires it will be deepened.

Well would it be for young and old to study and ponder and often repeat those words of Holy Writ that show how the place marked by God's special presence should be regarded.

"Put off thy shoes from off thy feet," He commanded Moses at the burning bush; "for the place whereon thou standest is holy ground."

Jacob, after beholding the vision of the angels, exclaimed, "The Lord is in this place; and I knew it not."

Humility and reverence should characterize the deportment of all who come into the presence of God. In the name of Jesus we may come before Him with confidence, but we must not approach Him with the boldness of presumption, as though He were on a level with ourselves. There are those who address the great and all-powerful and holy God, who dwelleth in light unapproachable, as they would address an equal, or even an inferior.

There are those who conduct themselves in His house as they would not presume to do in the audience chamber of an earthly ruler. These should remember that they are in His sight whom seraphim adore, before whom angels veil their faces. God is greatly to be reverenced; all who truly realize His presence will bow in humility before Him. (ML 281)

VALUE THEIR GUARDIAN ANGEL

For he shall give his angels charge over thee, to keep thee in all thy ways.

Ps. 91:11

A guardian angel is appointed to every follower of Christ. These heavenly watchers shield the righteous from the power of the wicked one. This Satan himself recognized when he said, "Doth Job fear God for nought? Hast not Thou made a hedge about him, and about his house, and about all that he hath on every side?" The agency by which God protects His people is presented in the words of the psalmist, "The angel of the Lord encampeth round about them that fear Him, and delivereth them."

I have seen the tender love that God has for His people, and it is very great. I saw angels over the saints with their wings spread about them. Each saint had an attending angel. If the saints wept through discouragement, or were in danger, the angels that ever attended them would fly quickly upward to carry the tidings, and the angels in the city would cease to sing. They would bear the tidings upward, and all the angels in the city would weep, and then with a loud voice say, "Amen." But if the saints fixed their eyes upon the prize before them, and glorified God by praising Him, then the angels would bear the glad tidings to the city, and the angels in the city would touch their golden harps and sing with a loud voice, "Alleluia!" and the heavenly arches would ring with their lovely songs.

His angels are appointed to watch over us, and if we put ourselves under their guardianship, then in every time of danger they will be at our right hand. When unconsciously we are in danger of exerting a wrong influence, the angels will be by our side, prompting us to a better course, choosing words for us, and influencing our actions. Thus our influence may be a silent, unconscious, but mighty power in drawing others to Christ and the heavenly world. (ML 302)

BELIEVE IN THE REALITY OF ANGELS

The angel of the Lord encampeth round about them that fear him, and delivereth them.

Psalm 34:7

Today . . . heavenly messengers are passing through the length and breadth of the land, seeking to comfort the sorrowing, to protect the impenitent, to win the hearts of men to Christ. We cannot see them personally; nevertheless they are with us, guiding, directing, protecting.

These angels of light create a heavenly atmosphere about the soul, lifting us toward the unseen and the eternal. We cannot behold their forms with our natural sight; only by spiritual vision can we discern heavenly things. The spiritual ear alone can hear the harmony of heavenly voices. . . .

Again and again have angels talked with men as a man speaketh with a friend, and led them to places of security. Again and again have the encouraging words of angels renewed the drooping spirits of the faithful, and carrying their minds above the things of earth, caused them to behold by faith the white robes, the crowns, the palm branches of victory, which overcomers will receive when they surround the great white throne.

It is the work of the angels to come close to the tried, the suffering, the tempted. They labor untiringly in behalf of those for whom Christ died.

Angels are ever present where they are most needed. They are with those who have the hardest battles to fight, with those who must battle against inclination and hereditary tendencies, whose home surroundings are the most discouraging.

Heavenly beings are appointed to do their work of ministry- to guide, guard, and control those who shall be heirs of salvation. Faithful sentinels are on guard to direct souls in right paths. (ML 303)

EQUIP THEMSELVES FOR SPIRITUAL BATTLE

Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. For we wrestle not against flesh and blood, but against the principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.

Ephesians 6:11, 12

It is not safe for us, when going into battle, to cast away our weapons. It is then that we need to be equipped with the whole armor of God. Every piece is essential.

While Satan is constantly seeking to blind their minds to the fact, let Christians never forget that they "wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against wicked spirits [margin] in high places." The inspired warning is sounding down the centuries to our time: "Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour." . . .

From the days of Adam to our own time our great enemy has been exercising his power to oppress and destroy. He is now preparing for his last campaign against the church. All who seek to follow Jesus will be brought into conflict with this relentless foe. The more nearly the Christian imitates the divine Pattern, the more surely will he make himself a mark for the attacks of Satan.

We must have on the whole armor of God, and be ready at any moment for a conflict with the powers of darkness. When temptations and trials rush in upon us, let us go to God, and agonize with Him in prayer. He will not turn us away empty, but will give us grace and strength to overcome, and to break the power of the enemy. Oh, that all could see these things in their true light, and endure hardness as good soldiers of Jesus! Then would Israel move forward, strong in God, and in the power of His might. (ML 309)

ARMOR-ON WITH . . . TRUTH

Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand, Stand therefore, having your loins girt about with truth.

Ephesians 6:13, 14

It is when we walk in the light that shines upon us, obeying the truth that is open to our understanding, that we receive greater light. We cannot be excusable in accepting only the light which our fathers had one hundred years ago. We want the truth on every point, and we are to put it in practice daily.

The whole mind and soul should become imbued with the truth, that you may be a living representation of Christ. God would have you filled with His Holy Spirit, endowed with power from on high. Labor not to become great men; but labor rather to become good and perfect men, showing forth the praises of Him who hath called you out of darkness into His marvelous light. God calls for Calebs and Joshuas, fearless, single-hearted men, who will work with faith and courage.

If the truth of God be not deep rooted in the heart, you cannot stand the test of temptation. There is only one power that can keep us steadfast under the most trying circumstances–the grace of God in truth. The ungodly are lynx-eyed to mark every inconsistency, and prompt to pour contempt on the weak and halting ones.

Let the youth make their mark high. Let them seek in humble prayer for that help which Christ has promised, that they may exert an influence upon others that they will not be ashamed to meet in the great day of final settlement and rewards. Those who have exemplified the loftiest Christian principles in every department of business and religious life will have the inexpressible advantage, for they will enter the Paradise of God as conquerors. (ML 310)

ARMOR-ON WITH . . . RIGHTEOUSNESS

Having on the breastplate of righteousness.

Ephesians 6:14

Clad in the armor of Christ's righteousness, the church is to enter upon her final conflict. "Fair as the moon, clear as the sun, and terrible as an army with banners," she is to go forth into all the world, conquering and to conquer.

Only the covering which Christ Himself has provided can make us meet to appear in God's presence. This covering, the robe of His own righteousness, Christ will put upon every repenting, believing soul. "I counsel thee," He says, "to buy of me . . . white raiment, that thou mayest be clothed, and that the shame of thy nakedness do not appear."

"All our righteousnesses are as filthy rags." Everything that we of ourselves can do is defiled by sin. But the Son of God was "manifested to take away our sins; and in him is no sin." Sin is defined to be "the transgression of the law." But Christ was obedient to every requirement of the law. When on earth he said to his disciples, "I have kept my Father's commandments." By His perfect obedience He has made it possible for every human being to obey God's commandments. When we submit ourselves to Christ . . . we live His life. This is what it means to be clothed with the garment of His righteousness. Then, as the Lord looks upon us, He sees, not the fig-leaf garment, not the nakedness and deformity of sin, but His own robe of righteousness, which is perfect obedience to the law of Jehovah.

To every one God has made an offer that will help to brace every nerve and spiritual muscle for the time of test that is to come to us all. I am charged with the message, Clothe yourself with the whole armor of Christ's righteousness. And, having done all you can do on your part, you have the assurance of victory. To every soul is granted the gracious opportunity of standing on the Rock of Ages. (ML 311)

ARMOR-ON WITH . . . PEACE

And your feet shod with the preparation of the gospel of peace.

Ephesians 6:15

The Lord is soon coming. Talk it, pray it, believe it. Make it a part of the life. You will have to meet a doubting, objecting spirit, but this will give way before firm, consistent trust in God. When perplexities or hindrances present themselves, lift the soul to God in songs of thanksgiving. Gird on the Christian armor, and be sure that your feet are "shod with the preparation of the gospel of peace."

We are living in the midst of an "epidemic of crime," at which thoughtful, God-fearing men everywhere stand aghast. The corruption that prevails, it is beyond the power of the human pen to describe. Every day brings fresh revelations of political strife, bribery, and fraud.

Every day brings its heart-sickening record of violence and lawlessness, of indifference to human suffering, of brutal, fiendish destruction of human life. Every day testifies to the increase of insanity, murder, and suicide. Who can doubt that satanic agencies are at work among men with increasing activity to distract and corrupt the mind and defile and destroy the body? . . .

Everywhere there are hearts crying out for something which they have not. They long for a power that will give them mastery over sin, a power that will deliver them from the bondage of evil, a power that will give health and life and peace. Many who once knew the power of God's Word have dwelt where there is no recognition of God, and they long for the divine presence.

The world needs today what it needed nineteen hundred years ago–a revelation of Christ.

For earth's sin and misery the gospel is the only antidote. (ML 312)

ARMOR-ON WITH . . . FAITH

Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.

Ephesians 6:16

Faith in God's Word, prayerfully studied and practically applied, will be our shield from Satan's power and will bring us off conquerors through the blood of Christ.

When souls are converted their salvation is not yet accomplished. They then have the race to run; the arduous struggle is before them to do, what? "To fight the good fight of faith," to press forward to the mark for the prize of the high calling which is in Christ Jesus.

There is no release in this warfare; the battle is lifelong, and must be carried forward with determined energy proportionate to the value of the object you are in pursuit of, which is eternal life. Immense interests are here involved. We are made partakers of Christ's self-sacrifice here in this life, and then we are assured that we shall be partakers of all its benefits in the future immortal life, if we hold the beginning of our confidence steadfast unto the end. Think of this.

The promise is, "God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape." Maintain to the last your Christian integrity, and do not murmur against God. Consider that eternal interests are here involved. You cannot afford to become discouraged and cast away your confidence. The Lord loves you, trust in the Lord. The Lord Jesus is your only hope. Make sure work for eternity. You must not murmur or complain or condemn yourself. Neglect no means of grace. Encourage your soul to believe and to trust in God.

In the Lord we have righteousness and strength. Lean upon Him, and through His power you may quench all the fiery darts of the adversary and come off more than conqueror. (ML 313)

ARMOR-ON WITH . . . SALVATION

For he put on righteousness as a breastplate, and an helmet of salvation upon his head; and he put on the garments of vengeance for clothing, and was clad with zeal as a cloke.
Isaiah 59:17

Many have confused ideas in regard to conversion. They have often heard the words repeated from the pulpit, "Ye must be born again." "You must have a new heart." These expressions have perplexed them. They could not comprehend the plan of salvation.

Many have stumbled to ruin because of the erroneous doctrines taught by some ministers concerning the change that takes place at conversion. Some have lived in sadness for years, waiting for some marked evidence that they were accepted by God. They have separated themselves in a large measure from the world, and find pleasure in associating with the people of God; yet they dare not profess Christ, because they fear it would be presumption to say that they are children of God. They are waiting for that peculiar change that they have been led to believe is connected with conversion.

After a time some of these do receive evidence of their acceptance with God, and are then led to identify themselves with His people. And they date their conversion from this time. But . . . they were adopted into the family of God before that time. God accepted them when they became weary of sin, and having lost their desire for worldly pleasures, resolved to seek God earnestly. But, failing to understand the simplicity of the plan of salvation, they lost many privileges and blessings which they might have claimed had they only believed, when they first turned to God, that He had accepted them.

Others fall into a more dangerous error. They are governed by impulse. Their sympathies are stirred, and they regard this flight of feeling as an evidence that they are accepted by God and are converted. But the principles of their life are not changed. The evidences of a genuine work of grace on the heart are to be found not in feeling, but in the life. (ML 314)

ARMOR-ON WITH . . . THE HOLY SPIRIT

And take the helmet of salvation, and the sword of the Spirit, which is the word of God.

Ephesians 6:17

We know the dangers and temptations that beset the youth at the present time are not few or small. We live in an age when to resist evil calls for constant watchfulness and prayer. God's precious Word is the standard for youth who would be loyal to the King of heaven. Let them study the Scriptures. Let them commit text after text to memory, and acquire a knowledge of what the Lord has said. And in trial let the youth spread out the Word of God before them, and with humble hearts, and in faith, seek the Lord for wisdom to find out His way, and for strength to walk in it.

Let our young men institute a warfare against every habit that has the least danger of leading the soul from duty and devotion. Let them have stated seasons for prayer, never neglecting them if it can possibly be avoided. If they go out to battle with their vicious habits indulged as before they professed fellowship with Christ, they will soon fall an easy prey to Satan's devices. But armed with the Word of God, having it treasured in heart and mind, they will come forth unharmed by all the assaults of the foes of God or man.

In the name of God lift your banner for truth and righteousness–the commandments of God and the faith of Jesus. You need the perfect armor of truth now, the sword of the Spirit, whose edge will never be blunted, but will cut its way through sin and unrighteousness.

Let them take the Word of truth as the man of their counsel, and become skillful in the use of "the sword of the Spirit." Satan is a wise general; but the humble, devoted soldier of Jesus Christ may overcome him. (ML 315)

BECOME STEADFAST IN BATTLE

Therefore, my beloved brethren, be stedfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.

1 Corinthians 15:58

Those who stand in defense of the honor of God, and maintain the purity of truth at any cost, will have manifold trials, as did our Saviour in the wilderness of temptation. The yielding temperaments, who have not courage to condemn wrong, but keep silent when their influence is needed to stand in the defense of right against any pressure, may avoid many heartaches and escape many perplexities, and lose a very rich reward, if not their own souls.

Those who in harmony with God, and through faith in Him, receive strength to resist wrong, and stand in defense of the right, will always have severe conflicts and will frequently have to stand almost alone. But precious victories will be theirs while they make God their dependence. His grace will be their strength. Their moral sense will be keen, clear, and sensitive. Their moral powers will be equal to withstand wrong influences. Their integrity, like that of Moses, of the purest character.

It will require moral courage to do God's work unflinchingly. Those who do this can give no place to self-love, to selfish considerations, ambition, love of ease, or desire to shun the cross. Shall we obey His voice, or shall we listen to the soothing voice of the evil one, and be rocked to a fatal slumber just on the eve of eternal realities?

Our Saviour longs to save the young. He is waiting to place upon their heads the crown of life and hear their happy voices join in ascribing honor and glory and majesty to God and the Lamb in the song of victory that shall echo and re-echo throughout the courts of heaven. (ML 320)

LEARN ENDURANCE

Hold that fast which thou hast, that no man take thy crown.
Revelation. 3:11

Decisions may be made in a moment that fix one's condition forever. But remember, it would take the work of a lifetime to recover what a moment of yielding to temptation and thoughtlessness throws away. By a momentary act of will you may place yourself in the power of Satan, but it will require more than a momentary act of will to break his fetters and reach for a higher, holier life. The purpose may be formed, the work begun, but its accomplishment will require toil, time, and perseverance, patience, and sacrifice. The man who deliberately wanders from God in the full blaze of light will find, when he wishes to set his face to return, that briars and thorns have grown up in his path, and he must not be surprised or discouraged if he is compelled to travel long with torn and bleeding feet. The most fearful and most to be dreaded evidence of man's fall from a better state is the fact that it costs so much to get back. The way of return can be gained only by hard fighting, inch by inch, every hour.

Those who win heaven will put forth their noblest efforts and will labor with all long-suffering, that they may reap the fruit of toil. There is a hand that will open wide the gates of Paradise to those who have stood the test of temptation and kept a good conscience by giving up the world, its honors, its applause, for the love of Christ, thus confessing Him before men and waiting with all patience for Him to confess them before His Father and the holy angels.

Keep the conscience tender, that you may hear the faintest whisper of the voice that spake as never man spake. (ML 322)

WORK TOWARD HIS COMING

What manner of persons ought ye to be in all holy conversation and godliness, looking for and hasting unto the coming of the day of God?

2 Peter 3:11, 12

Many who profess to be looking for the speedy coming of Christ, are becoming conformed to this world, and seek more earnestly for the applause of those around them, than the approbation of God.

Many of these professed Christians dress, talk and act like the world, and the only thing by which they may be known, is their profession. Though they profess to be looking for Christ, their conversation is not in heaven, but on worldly things.

"What manner of persons" ought those to be "in all holy conversation and godliness," who profess to be "looking for and hasting unto the coming of the day of God?" (2 Peter 3:11, 12). . . .

The way to heaven is rugged. Briers and thorns are in the way; but we can with cheerfulness tread the rough pathway, knowing that Jesus, the King of glory, once trod it before us. We will rejoice that we can follow in His footsteps, and be partakers with Him of His sufferings, that we may finally partake of His glory.

What if reproaches are heaped upon me, even by those who profess to be looking for the Lord? . . . Shall I complain, when Jesus bore the scoffs and derision of His own people? . . . No, I will not complain; I will rather rejoice and be exceeding glad that I am accounted worthy to suffer for Christ's sake, that my reward may be in heaven. Only let me have an inheritance in glory, and it will be enough.

Let us strive to be Christians [Christlike] in every sense of the word, and let our dress, conversation and actions preach that Christ is formed within, the hope of glory, and that we are looking for that blessed hope and glorious appearing of Jesus.

My affections, interest, treasure, all, is in the bright world to come. I long to see the King in His beauty. (SD 352)

WORK TO INHERIT THE REWARD

He that overcometh shall inherit all things; and I will be his God, and he shall be my son [daughter].

Revelation 21:7

In order to inherit all things, we must resist and overcome sin.

We may have joy in the Lord if we will keep His commandments. If we indeed have our citizenship above, and a title to an immortal inheritance, an eternal substance, we have that faith which works by love and purifies the soul. We are members of the heavenly family, children of the heavenly King, heirs of God, and joint heirs with Christ. At His coming we shall have the crown of life that fadeth not away.

The Monarch of heaven would have you possess and enjoy all that can ennoble, expand, and exalt your being and fit you to dwell with Him forever, your existence measuring with the life of God. What a prospect is the life which is to come! What charms it possesses! How broad and deep and measureless is the love of God manifested to man!

The privileges granted to the children of God are without limit, to be connected with Jesus Christ, who, throughout the universe of heaven and worlds that have not fallen, is adored by every heart, and His praises sung by every tongue; to be children of God, to bear His name, to become a member of the royal family; to be ranged under the banner of Prince Immanuel, the King of kings and Lord of lords.

The Son of God was the heir of all things, and the dominion and glory of the kingdoms of this world were promised to Him. Even as Christ was in the world, so are His followers. They are the sons of God, and joint heirs with Christ; and the kingdom and dominion belong to them.

In place of the world, He will give you, for a life of obedience, the kingdom under the whole heavens. He will give you an eternal weight of glory and a life that is as enduring as eternity. (SD 372)

STAY ON GUARD

The end of all things is at hand: be ye therefore sober, and watch unto prayer.

1 Peter 4:7

The admonition to the Israel of today is, "The end of all things is at hand: be ye therefore sober, and watch unto prayer." "Young men likewise exhort to be sober minded. In all things shewing thyself a pattern of good works: in doctrine shewing uncorruptness, gravity, sincerity, sound speech, that cannot be condemned; that he that is of the contrary part may be ashamed, having no evil thing to say of you. Exhort servants to be obedient unto their own masters, and to please them well in all things; not answering again; not purloining, but shewing all good fidelity; that they may adorn the doctrine of God our Saviour in all things." Resist the enemy; do not be seduced by his flattering inducements and presentations. It is the work of the human agent to be strong, not in his own finite strength, but in the strength of the Lord, in the power of His might.

Christ has said, "Without me ye can do nothing." The resolutions you may make in your own finite strength will be only as ropes of sand; but if you pray in sincerity, surrendering yourself, soul, body, and spirit, unto God, you put on the whole armor of God, and open the soul to the righteousness of Christ; and this alone, Christ's imputed righteousness, makes you able to stand against the wiles of the devil.

The work of every soul is to resist the enemy in the power and might of the Lord Jesus Christ, and the promise is that the devil shall flee from us. But let all realize that they are in peril, and there is no assurance of safety except as they comply with the conditions of the text. The Lord says, "Draw nigh to God." How? By secret, earnest examination of your own heart; by childlike, heart-felt, humble dependence upon God, making known your weakness to Jesus; and by confessing your sins. Thus you may draw nigh to God, and He will draw nigh to you. (SD 346)

ALWAYS IMPROVE . . .

We beseech you, brethren, that ye increase more and more.
1 Thessalonians 4:10

You have within your reach more than finite possibilities. A man, as God applies the term, is a son of God. "Now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when he shall appear, we shall be like him; for we shall see him as he is. . . ." It is your privilege to turn away from that which is cheap and inferior, and rise to a high standard–to be respected by men and beloved by God.

The religious work which the Lord gives to young men, and to men of all ages, shows His respect for them as His children. He gives them the work of self-government. He calls them to be sharers with Him in the great work of redemption and uplifting. As a father takes his son into partnership in his business, so the Lord takes His children into partnership with Himself. . . .

Young men and women need more of the grace of Christ that they may bring the principles of Christianity into the daily life. The preparation for Christ's coming is a preparation made through Christ for the exercise of our highest qualities. But there is a positive need of keeping close to Jesus. He is our strength and efficiency and power. We can not depend on self for one moment.

Young men and young women, exercise your ability with faithfulness, generously imparting the light that God gives you. Study how best to give to others peace, and light, and truth, and the many rich blessings of heaven. Constantly improve. Keep reaching higher and still higher. It is the ability to put to the tax the powers of mind and body, ever keeping eternal realities in view, that is of value now. Persevere in the work that you have begun, until you gain victory after victory. Educate yourselves for a purpose. Keep in view the highest standard that you may accomplish greater and still greater good, thus reflecting the glory of God. (SD 324)

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